



Name \_\_\_\_\_

### Sprinting Techniques Word Search

G W C T N X M H F T U X H Z X W C W Q D  
 K R E L A X A T I O N T E C H N I Q U E  
 I Z R V C R H E E L R E C O V E R Y O X  
 D D Q P I J M S L J Y W W V A J W T I P  
 X Y G G M A J D S W N V A K T H E G Q L  
 Z U R J R E S P R I N T D R I L L S L O  
 O O O N N Y F B Q I U N O R D U X V B S  
 D T U Y T U N I R C V T Q E B L P N C I  
 E L N J S H I G H K N E E S Z M E K N V  
 V X D B X E Q K I V S W I N G P H A S E  
 X Q C P S K R A G A V L F O W B P E N P  
 A M O M J N C C H Q I L Y X L L K N M U  
 I I N I D H I P E X T E N S I O N Y X S  
 J T T T I M E D B F Y Y I W W C S D B H  
 U S A U A V H H M U O V I Z W K G O L O  
 G D C C I T P F Q Z P D M Z O S P N U F  
 I S T R I D E T U R N O V E R T G N P F  
 I Y D P B S P R I N T M E C H A N I C S  
 G Z T Q U C I S K X Q T Q K M R P B V K  
 E V M S T A N D I N G S T A R T F Z H O

Block start  
 Standing start  
 Arm drive  
 High knees  
 Heel recovery

Forward lean  
 Explosive push-off  
 Drive phase  
 Stride turnover  
 Hip extension

Sprint mechanics  
 Swing phase  
 Ground contact  
 Sprint drills  
 Relaxation technique

