

Course Name - Bachelor of Physical Education

Year - IInd (Part-3)

Paper Name - Skill and Prowess

Topic Name - Skill and Prowess

Topic No. – Part – III (B) II

Paper No. - B

Lecture No. – 18

Lecture Title

Relay Race - 2

Summary

The basic technical training must be aimed at producing relay in near competitions conditions. It is designed to prepare the performance directly for competition. In this rules must be applied: start with piston or another starting device; run in lanes marked with chalk lines on the tack; running with chalk lines on the track; running with opposing teams; accurate timekeeping and use of finishing tape. If one team is definitely superior to the other handicaps should be introduced.