

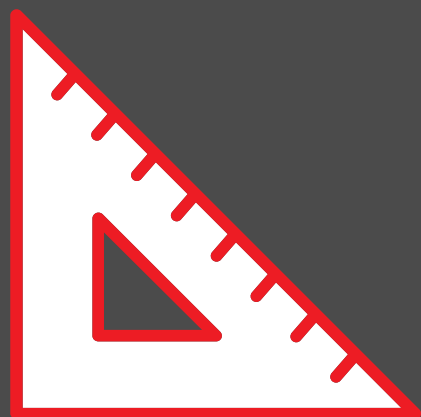
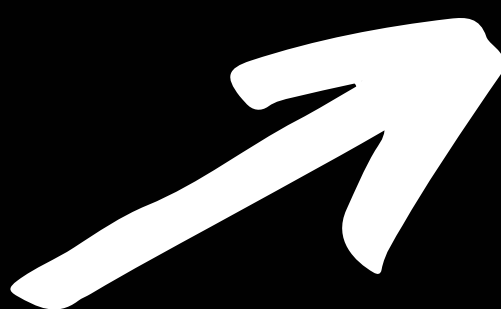
5 MISTAKES MOST ATHLETES MAKE DURING ACCELERATION

Watch the video recap

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1) BAD POSTURE

Get a straight line from head to heel to allow you to apply max force into the ground.



2) HIGH BODY ANGLE

Keep your gaze down about 2 yards ahead of you to help you maintain a good body angle.

3) WEAK PUSH

Aggressively pushing away from the line creates horizontal force that moves you towards the goal.



4) LACK OF ARM ACTION

Get your elbows high to help you maintain proper posture and help reduce ground contact time.

5) OVER-STRIDING

Emphasize stride frequency to balance stride length and prevent overstriding.

