

Running Warm-up Drills

Butt Kicks

Heels flexed up to butts through knee , toes dorsiflexed, landing on the balls of the foot, arm drive backwards. About 30 foot falls over 5m.

http://www.youtube.com/watch?v=yB0bGFi7OdU&feature=mfu_in_order&list=UL

High Knees

http://www.youtube.com/watch?v=6WzspiP5LW4&feature=autoplay&list=ULo1tAdcq_64E&lf=mfu_in_order&playnext=2

"A" Skips

Relaxed double skip up on the toes , one leg after the other, "lift", thigh flexed up to 90° and lower leg vertical then lightly lands under hips and keeps on the toes

Repeat with clap under thigh

"B" Skips

Double skip with leg kick out each second skip,

http://www.youtube.com/watch?NR=1&v=V8_kIVjMIS8

"C" Skips

A double skip forward followed by A skip out to the side (C shape)

"D" Skips - Tight Skirts, Soldiers

To encourage fast legs. No movement of the knees and one straight leg is flexed forward as the other foot pulls the ground backwards, feel the "equal and opposite reaction"

Karaoke, Grapevines

Leg crossovers whilst skipping, work on knee lift and extension

http://www.youtube.com/watch?v=o1tAdcq_64E&feature=autoplay&list=ULyB0bGFi7OdU&lf=mfu_in_order&playnext=1

Side-to-side high skips down the track with big arm swings out to side

Bounds

Keep up on toes, bound high with fast take off more on the forefoot. Progress to double bounds (L) (L) - (R) (R).

Long Lunge walking

Arms above head, repeats with trunk rotations and side bends

Use ladders, low hurdles and hoops for fast feet and low load plyometrics

Follow up with run throughs, each one reinforcing "high knees", "up tall", "strong arms", "up on the toes", "hips high",