



Drills for Sprints

A - Skips

Reps: 3x30m

Purpose

- ◆ Develop quick leg action – drive up/drive down
- ◆ Develop consistency in proper foot strike
- ◆ Develop hurdling rhythm

Teaching Points

1. Take Hips Tall position, begin skipping.
2. Quickly drive legs up, heels to buttocks, alternating legs.
3. Jog back to start, repeat with other leg.

B - Skips

Reps: 3x30m

Purpose

- ◆ Develop quick leg action – drive up/drive down
- ◆ Develop consistency in proper foot strike
- ◆ Develop hurdling rhythm

Teaching Points

1. Take Hips Tall position, begin skipping.
2. Bend and drive up one leg.
3. Extend leg from knee, drive leg down to ball of foot.
4. Alternate legs with every other skip.
5. Jog back to start, repeat with other leg.

Fast Leg Drill

Reps: 3x10-15 seconds

Purpose

- ◆ Develop quick foot action and leg action

Teaching Points

1. Take Hips Tall position.
2. Quickly, alternate driving knees up.

Trail Leg Lifts

Reps: 10x each leg

Purpose

- ◆ Increase flexibility in hip joint
- ◆ Develop trail leg sensation with forward lean

Teaching Points

1. Sitting in hurdle seat position, lift trail-leg knee as high as possible.
2. Reach for lead-leg foot with trail-leg-side arm.
3. Drive lead-leg arm back in sprint position.
4. Switch legs and repeat.