

Week 5 April 6

Form Drills for all 30M

Skip with arm circles forward

Skip arm circles backwards

Skip with hugs

Skip backwards

Sideways jacks with arm swings

Leg swings to the side at the fence-be up on the toe of the leg on the ground

Leg swings forward and back-be up on the toe of the leg on the ground

Grapevine

Sprinters/Hurdlers/Jumpers/Any distance that jump

Daily (6 days a week)

Specific drills: All 30M

-Walk A step: Remember toe-up/knee-up/step over the opposite knee without breaking at the hips.

-Skip the A-Step

-Butt kick: Heels to butt/gluts...make sure to come down almost in the same place.

-Fast-leg: Same as A-Step except you are stepping over the opposite mid-calf (not as high as the knee). Remember to bring the foot down almost in the same place.

Series: Fast leg R leg only x 20M

Fast leg L leg only x 20M

Alternate: R step-step L step-step R step-step L step-step etc

Fast leg 3 R / step-step/ 3 L step-step etc

-Dead Leg Drill: If you have cones at home. A reminder this drill has the up leg going over the cones and the down leg-keeping a peg-leg position slightly behind.

-Wicket Drills: Pretend you have wickets (little hurdles) you are going over. Think how you felt doing them on the track. Go about 10 to 15 seconds x 2

-You should do the below drills 3 to 4 times a week to get consistency.

-Five times a week you should follow one of the other runners' work-outs

Sprinters/Jumpers Work-out

warm-up drill and jog 10 minutes

-Working on approaches: We reviewed the approach once. Slow to fast approach. 90% of success in the jumps is the approach. Eventually we make sure you 2nd and 4th step remain consistent

Hopefully you were there to determine your step. If not, stand with your feet together and have someone unexpectedly push you from behind. The foot you step onto is often your take-off foot.

Continued Sprinters/Jumpers Work-out

We do not go above 7 contacts on one foot-for example-if you jump off your right foot you will count each time your right foot hits the ground. Beginners should be at 6 steps.

--Today-working on consistency: Pick the same starting point. Run your approach through 12 rights or lefts. Going slow to fast. If someone is around, have them mark your 6th or 7th (right/left)step. Beginners-didn't jump last year in HS-keep it at 6. They only need to do this 4 times or so. See if you are consistent.

High Jumpers you can work on your 10 step-approach; 6 steps on the straight and 4 steps on the curve. Stay tall Start slower then build up your speed.