

Technical Running Drills

Marching – slow steady high marching motion with opposite arm to knee

Skipping – smooth skipping motion with perfect arm action

Straight leg skipping – slow, steady straight legged march for the hip flexors

Hurdle stepping – bringing the knee up and out to the side as though over an imaginary hurdle

Inside out hip – sweep the knee across the body, up and outward, in a marching type rhythm

Hopping – on one leg in short forward steps. Keep the knee in a straight ahead line

Bounding – from one leg to the other in an exaggerated skipping type motion

Side stepping – long legs and slightly bent at the knee

Grapevine – side crossover steps, alternating front to back

Side steps, arms - place your hands on your head and side step with parallel feet

Lunge – keep your trunk vertical, eyes ahead and front knee behind the toe in a straight line. Drop the back leg lightly to the ground and step to the next leg

Lunge with a trunk twist – lunge and cross your elbow to the opposite knee. Switch on the next step

Switch feet – start with a lunge position. Jump and switch your feet in the air, land in a lunge. Keep switching smoothly

Ankle pops – arms overhead and short jumps straight upward, soft landing

Tuck jumps – arms out in front, jump tuck the knees to the chest

Butt kicks – upright body, kick the heels up to your butt in a jogging motion

Retro run – reach backward and run in a toe heel motion. Keep the body upright and make sure the hip extends behind the skipping

Lateral shuttles – start slowly, then pick up the pace

Do all the drills 3 times a week. 25 of each drill on each leg