



RUNNING

Warm up: SQUARE DRILLS

Set up 4 corners. Each corner has a different drill. Burpees, star jumps, press up and high knees. Start at one cone and complete the activity for 30 secs.

Change to next corner and complete all 4. Rest for 1 min And then complete the circuit again.



Main activity:

ACTIVITY 1 - 3 second sprint.

Ask the children to stand next to a cone/marker. On command they run as far as they can in 3 seconds. Then they walk back to the start and have 1 min rest. Then they sprint for 4 seconds and try to get as far as they can. Explain the technique required and repeat for 5, 6, 7, 8, 9 and 10 seconds. Children can run in a track typed shape or a straight line depending how much room you have.

ACTIVITY 2 - SPRINT START.

Explore different starting positions. Sitting, kneeling, balancing and lying down.

Explain the sprint start and demonstrate in stages to the children.

- Find a line to use. Left foot forward right foot directly behind. Lift up left leg and put your knee down at the side of your right foot. Thumbs pointing in bridge your hands shoulder width apart on the line. This position is on your marks. When “get set “is called lift both knees off the floor but they must remain bent. On “go” push off both feet and hands and gradually rise to an upright running position. • Let the children practice in stages



“On your marks”

- Place your front foot at forearm’s length behind the start line.
- Place the knee of your back leg on the ground level with your front foot.
- Place your hands shoulder-width apart - behind, not on the line.



“Set”

- Raise your hips slightly higher than your shoulders.
- Make sure that both your legs remain bent (front leg at about 90 degrees; back leg at about 120 degrees)



“Go”

- Drive your back leg forward.
- Swing your arms hard.

Dont forget to cool down!

Coaching points: • Slow down gradually • Head up • Drive arms •

High knee lift • Travel in a straight line.

EASIER – reduce the number of sprints in the first activity.

HARDER – reduce the rest period in activity 1 or increase the reps.

