



Repetitions: 2

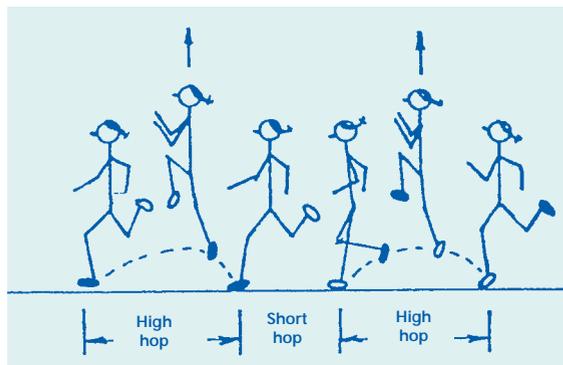
A. KNEE RAISING

Exaggerated rapid knee raising, moving slowly forward, improves knee lift, style and stride. It is also important to pump arms backwards and forwards from your hips to your shoulders. Keep shoulders back, body upright, look forwards

Repetitions: 6-8

B. SPRINTS

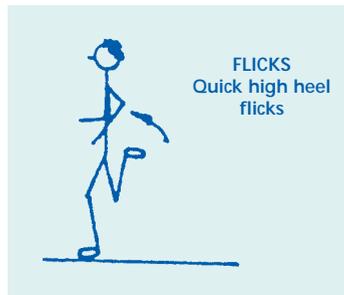
(a) Short sprints with slow jog or walk back. By not allowing yourself to get out of breath, you are concentrating on speed. If you trot back to the start 'A' and get a little out of breath, stamina is involved (useful discussion topic).



Repetitions: 2-3

C. LEAPS

Moving slowly forward hop as high as you can, lifting the knee of the free leg as high as possible - then take a short step so that you can hop off the other foot and raise the other knee. Developing foot drive is good for all events but is important for jumpers.



Repetitions: 2

D. FLICKS

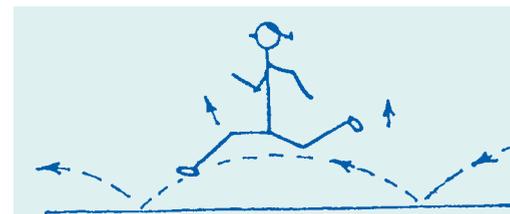
Run forward slowly flicking your heels as high as you can as you bring your knee forward. If you observe sprinters you will notice the heel lifting high before following through to start the action. This compliments knee raising.

Repetitions: 2-3

E. BOUNDING

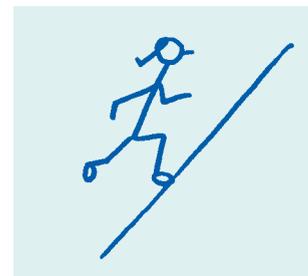
A series of long bounds stretching the pelvis. Later in the course try to exaggerate the bound with increase knee and heel lift.

Other activities such as hopping, left and right footed and sideways striding facing left and right can be included.



F. STRIDING

Maximum running stride, without losing form.



STANDING START

This start is generally used by middle and long distance runners, but can also be used by younger athletes for sprint races.

METHOD:

When students hear 'on your marks', they should place most of their weight on their front foot and lean forwards in a comfortable position, over the line. Be up on toes on back foot.

Have hands slightly relaxed. Opposite hand to leading foot, the other slightly behind.

On 'go', push off fast. You will notice that students will take a slight step back with the front foot as they react to 'go'. There is no need for 'set' with this start.