

Running Drills

A-Skip

Standing up tall. Start skipping forward while lifting your lead leg to waist height and keeping your back leg straight as you come off your toes and simultaneously raising your opposite arm. Continue moving forwards alternating your legs and striking the ground with your mid-foot or forefoot. Continue moving forward for 5-10m and repeat 2-3 times and gradually increase the distance to 20-30 m as your technique and coordination improves.

High Knee Marching Drill

Standing up tall. Start by walking on the spot and lifting your knees up to waist height and focus on landing on your mid-foot or forefoot while simultaneously raising your opposite arm. After 5-10 seconds of walking on the spot, gradually walk forward for 5-10m and repeat 2-3 times. Continue to focus on landing on your mid-foot or forefoot. Gradually increase the distance to 20-30m as your technique and coordination improves. This drill is a great warm up for the jogging high knees drill.

Jogging High Knees

Standing up tall. Start by jogging on the spot and lifting your knees up to waist height and focus on landing on your mid-foot or forefoot while simultaneously raising your opposite arm. After 5-10 seconds on jogging on the spot, gradually move forward for 5-10m and repeat 2-3 times. Gradually increase the distance to 20-30m as your technique and coordination improves. Increasing the speed of the drill can also improve running technique and coordination.

Ankling / Dribble

Standing up tall. Start by jogging on the spot and only lifting your feet off the ground as high as your ankle (this is why the drill is called ankling) and focus on landing on your mid-foot or forefoot. After 5-10 seconds, gradually move forward for 5-10m and repeat 2-3 times and continue to focus on landing on your mid-foot or forefoot. Gradually increase the distance to 20m as your technique and coordination improves.