

RUNNING

EXERCISES

These are fun Running exercises

EXERCISE 1 LADDER MARCH

ORGANISATION

- March through the ladder at walking pace, placing each foot in every second space
- Speed up as technique improves

KEY POINTS

- Ensure the ladder is properly laid out; reset it if necessary before each 'go'
- Stand upright with the head up
- Synchronise arm and leg movement, i.e. lift the right knee and right arm simultaneously and vice versa



EXERCISE 2 HEEL FLICKS

ORGANISATION

- In a stationary position hold the arms behind the back; one at a time flick the heels up to touch the bottom
- Introduce the arms; perform the exercise using a ladder, putting each foot in every second space

KEY POINTS

- Ensure the ladder is properly laid out; reset it if necessary before each 'go'
- Stand upright with the head up
- Synchronise arm and leg movement, i.e. lift the right knee and right arm simultaneously and vice versa



EXERCISE 3 GEAR CHANGE

ORGANISATION

- Jog on the spot at a moderate pace; jog on the balls of the feet
- On signal from the Coach, change gears, gradually moving the feet quicker & quicker

KEY POINTS

- Keep the head up and the back straight
- Synchronise arm and leg movement, i.e. lift the right knee and left arm simultaneously and vice versa
- Keep the feet as close to the ground as possible and move the arms as quickly as the feet to maintain balance



EXERCISE 4 JOG THROUGH LADDER

ORGANISATION

- Jog through the ladder placing each foot in every second space
- Speed up as technique improves

KEY POINTS

- Run on the balls of the feet; keep the head up and the back straight
- Synchronise arm and leg movement, i.e. lift the right knee and left arm simultaneously and vice versa
- Bend the arms at the elbow and use an exaggerated high arm motion



EXERCISE 5 UNDER STRIDING**ORGANISATION**

- Run through the ladder at pace placing each foot in every second space
- Speed up as technique improves

KEY POINTS

- Focus on technique; move at a controlled pace so that the stride must be consciously shortened
- Run on the balls of the feet; keep the head up and the back straight
- Synchronise arm and leg movement, i.e, lift the right knee and left arm simultaneously and vice versa

EXERCISE 6 OVER STRIDING**ORGANISATION**

- Run through the ladder at pace skipping as many spaces as is comfortable
- Increase the number of spaces skipped as technique improves

KEY POINTS

- Ensure the players have enough room to perform the exercise safely
- Focus on technique; progress the length of the stride gradually over time

EXERCISE 7 RUN AND TURN**ORGANISATION**

- Place cones at varying distances in a straight line
- Sprint out and around each cone and back in turn

KEY POINTS

- Ensure the players have enough room to perform the exercise safely
- Use short strides when turning and longer strides when running in a straight line

EXERCISE 8 STRAIGHT SLALOM RUN**ORGANISATION**

- Place a number of cones or poles approximately 1m apart in a straight line
- The players run in and out between the cones or poles without knocking them

KEY POINTS

- Use the side-step technique
- Push or drive off the outside leg to 'dodge' around each pole