

RUNNING

EXERCISES

These are fun Running exercises

EXERCISE 1 BEAN BAG TRANSFER

ORGANISATION

- The players work in teams
- Every second player transfers a bean bag from one marker to another before tagging the next player who transfers the bean bag back
- Vary the exercise by transferring a small hoop from one cone to another in relay

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 2 OBSTACLE SPRINT

ORGANISATION

- Mark out an appropriate distance using cones
- The players sprint out and back, getting through a hoop on both the way out and the way back
- Slow down approaching the hoop; speed up moving away from the hoop

KEY POINTS

- Ensure the players have enough room to perform the exercise safely
- Use shorter strides when slowing down and speeding up



EXERCISE 3 ZIG-ZAG SLALOM RUN

ORGANISATION

- Place poles or cones approximately 3m apart in a zig-zag formation
- The players dodge around each of the poles
- The players should drive off the outside leg when rounding each pole
- To vary the exercise, challenge the players to go sideways and backwards through the slalom

KEY POINTS

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



EXERCISE 4 PYRAMID RUNS

ORGANISATION

- Mark a series of finishing lines at increasing distances from the start line
- 20m is long enough for 4/5 year olds progressing to 50m for 8 year olds
- Sprint to each line successively, taking a break in between to walk back to the start

KEY POINTS

- Ensure the players have enough room to perform the exercise safely
- Stop gradually when sprinting at full pace



EXERCISE 5 SHUTTLE RUNS**ORGANISATION**

- Mark a series of lines at increasing distances from the start line
- Different coloured markers can be used to identify the different lines for young children
- The players run continuously out and back to each successive line

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 6 TEAM PURSUIT**ORGANISATION**

- Mark out a square or circular circuit using cones
- Divide the players into teams; team members position themselves at equal distances apart around the circuit, one from team A then one from team B and so on
- The objective is to catch up to the player from the other team before reaching your team mate who continues the pursuit
- Tag to release the next player on the team or use a baton or a ball to pass on

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