



TRAINING DRILLS- SPRINTING

Drill	Skips	Purpose	Develop quick leg action Develop consistency in proper foot strike
Reps:	3x30m	When to Use	Warm Up
Teaching Points			
<ol style="list-style-type: none"> 1. Take hips tall position 2. Bend and drive one leg up 3. Extend leg from knee 4. Drive leg down on ball of foot. 5. Alternate legs every other skip. 6. Jog back to start 7. Repeat. 			
Points of Emphasis			
Heel drive to buttocks			

Drill	Quick Step Running	Purpose	Develop quick leg action over distance
Reps:	3x30m	When to Use	Warm Up

Teaching Points

1. Take hips tall position
2. Run in place, bringing heels up and under buttocks.
3. Run forward using medium length strides
4. Use low knee lift.
5. Carry upper body erect. Slight forward lean.
6. Hold head level, slightly forward.
7. Keep relaxed arm action.
8. Maintain a smooth pace throughout run.
9. Walking lunges back to the start point.
10. Repeat.

Points of Emphasis

Lead with knee then extend leg
Foot is flexed
Leg drive down is very fast



Drill	Fast Leg Drill	Purpose	Develop quick foot and leg action
Reps:	3 x 10-15 seconds	When to Use	Warm Up
Teaching Points			
<ol style="list-style-type: none"> 1. Take hips tall position. 2. Quickly alternate driving knees up. 			
Points of Emphasis			
Quickness in legs and arms Little ground time.			

Drill	Knee Claps	Purpose	Develop straight forward running position Develop proper body balance
Reps:	3x30m	When to Use	Warm Up
Teaching Points			
<ol style="list-style-type: none"> 1. Take hips tall position. 2. Hand raised chest high. Palms open, facing down with elbows bent. 3. Drive knee to palm with quick leg action. 4. Alternate legs 5. Walking lunges back to starting point. 			
Points of Emphasis			
Use short steps – little distance covered with each step Maintain slight lean forward. Do not lean back when driving knee to chest.			

TRAINING TO IMPROVE TECHNIQUE – SPRINTING

Observation	Correction by Coach	Drill/ Test
Arms and shoulders rotate	Keep torso parallel to direction of running	Practice while running on the spot. Sit on ground, leg stretched out in front and do running arm action.
Athlete not running in upright position	Make sure drive leg is being fully extended (push off)	Bounding and Strides
Athlete is tense (Fists clenched, shoulders high)	Practice running relaxed. Emphasize correct breathing	Practice relaxation and breathing techniques
Athlete weaves in lane	Feet should be parallel to lane lines	Run on lane lines and between cones/pylons



TOP TIPS FOR COACHING SPRINTING (SKILL DEVELOPMENT)

1. Practice the correct arm movement:
 - a. By standing in front of the athlete and asking them to hit your hands with their hands while making the correct arm action.
 - b. While running on the spot.
 - c. By sitting on the ground with legs stretching in front. By sitting it is more difficult to rotate the trunk. This encourages the correct arm movements.
2. Stand in front of the athlete and ask them to run in place hitting your hands with their knees. This helps them to develop the correct knee lift.
3. Practice running in different lanes. Ensure your athletes can run from any lane.
4. Remind athletes that everyone must stay in their designated lanes during sprint races. Use pylons or cones to help guide athletes to remain in their correct lane. Remember that they cannot be used in competition. Athletes should be able to remain in lane before entering a competition.
5. Practice sprinting form on straight-aways and curves.
6. Ask your athlete focus on finish line. Practice with people standing in different areas of the finish area.

TOP TIPS FOR SPRINTING AT COMPETITION

Remind your athletes to:

1. Relax
2. Focus on their technique
3. Lean through finish line