

JOGGING FAST LEG, HEEL FLICK

- Set cones up in two (2) parallel lines about 10 metres apart.
- Jog as comfortably and softly across and back.
- Keep your head up and eyes fixed on a point in front of you.
- Be light on your feet and aware of how your body is moving.
- Be aware of your whole body.
- There should be an even tempo and ease of movement.

Double Leg Fast Leg

- With a fast leg action repeatedly lift thighs so they are parallel with the ground
- Keep upper body upright and quiet, move as tall as possible

Double Leg Heel Flick

- Repeatedly lift heels to the backside.
- Keep upper body upright and quiet, move as tall as possible.

Single Leg Fast Leg

- One leg performs a small step while the other performs the fast leg action.
- Alternate legs.

Single Leg Heel Flick

- One leg performs a small step while the other performs the heel flick action.
- Alternate legs.

Benefits

- Coordination
- Focus
- Balance
- Body awareness
- Range of movement
- Foundation for further skill of sprinting

Beginners Advice

- Be relaxed and aware of the head focus forward.
- Start slowly and build up speed.

Challenge

- Alternate fast leg and heel flick each step.
- Use single leg and double leg.
- Aim for balanced fluid movement.

Adjustments / What to look for

- Moving in straight line with balance and control.
- Aim to keep spine long - extend through top of the head.
- Quick snappy movement of the active leg.
- Divide the class into pairs. Have one jog while their partners watch. This allows for some recovery and gives partners the opportunity to provide feedback and get more of an understanding of the movement.