

JOGGING FORWARD, BACKWARD AND LATERAL

- Students run laterally for 10m, forward 10m, then backward 10m. Finishing up at the starting point.
- Students perform this activity in groups of 2, or 3.
- Mark out two lines or 10m with cones to make a shape of the letter 'L'.
- Students begin at the join of the two lines and run laterally to their right, once reaching the cone, pushing off from their right foot they move to their left back to the start.
- Immediately running forward to the cones then coming back in a backwards direction.

Benefits

- Spatial awareness.
- Proprioception.
- Balance and control.
- Coordination/ Rhythm.
- Ability to receive kinaesthetic feedback and adjust.
- Foundation for further skill of sprinting.

Beginners Advice

- Begin in a relaxed stance, being aware of a long spine.
- Run sideways to the right, leading with the right foot and shoulder toward the designation cone, moving in a smooth manner, then back sideways leading with the left foot to the original cone.
- Keep the knees soft and body relaxed.
- Move off toward the cone directly in front, keeping the body relaxed but the spine long.
- Running backwards to the designated starting point requires the same body positioning as forward running - spine long, control placement of feet, head forward but looking over the shoulders occasionally to check for safety and that the straight path of the runner has been maintained.

Challenge

- Increase/decrease the distance.
- Aim to move smoothly through transitions from one direction to the next.
- Aim to increase focus on the required body positions mentioned above.
- Work in pairs, allowing one student to provide feedback.

Adjustments / What to look for

- Be aware of creating tension in the shoulders by allowing the shoulders to rise toward the ears.
- In the lateral movement be aware of rotating the shoulders in the direction of the run, instead it should be performed with one shoulder leading. For eg, if the direction is to the right then the right shoulder leads.
- Speed overriding technique. It is important to maintain the technique.