

## JOGGING FORWARD AND BACKWARD

- Over a set distance running forward, then backward.
- Set the body before starting in a relaxed stance, spine is long from the crown of the head to the base of the spine.
- Begin the movement by moving arms and legs naturally, elbows bent moving parallel to the body, keeping the spine long and the chest in an upward and forward direction without excessive curving in the lower back (Lordosis).
- Keep the head straight and still, eyes focussed in the direction of movement. The head is an extension of the spine.
- Each foot strike (the foot hitting the ground) is quiet, and occurs at the ball of the foot.
- The movement is as smooth and fluent as possible.
- Movement can be performed individually or in pairs.

### 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, focus forward.
- Push off with an intention to maintain a natural run, moving in a straight line.
- Run toward the designation line, moving in a straight smooth manner.
- 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

- Begin slowly then increase the pace without losing the integrity of the movement.
- 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

- Awareness of head positioning. It is common for students to look around as they are performing the run.
- Heavy placement of feet, similar to stamping, especially as the runner reaches the end.
- Concaved chests. Be aware of lifting the chest and moving through the run with the chest forward.