

SPRINTING

- Over a set distance identified by cones- Sprinting forward, then back.
- 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 driving arms and legs powerfully, elbows bent moving parallel to the body, legs are moving forcefully driving the knee in an upwards direction.
- Keep 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 brief, and occurs at the ball of the foot.
- The movement is as smooth, fast and fluent as possible.
- Movement can be performed individually or in pairs.

Benefits

- Move quickly.
- Identify the concept of acceleration.
- Technique.
- Spatial awareness.
- Proprioception.
- Balance and control.
- Coordination/ Rhythm.
- Ability to receive kinaesthetic feedback and adjust.
- Work cooperatively.
- Observation skills.

Beginners Advice

- Begin relaxed and 'explode' from this stationary position. Sprint as fast as achievable.
- Consider the key points above.

Challenge

- Increase/decrease the distance depending on what the intention is (explosiveness, sustaining speed/ technique).
- 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

- It is important to maintain technique.
- Collapsing into the hips, and not lifting through the spine.
- The long spine should be maintained, however with the increase in speed, the chest naturally moves forward but this movement is generated from the hips.