



Team BWS

ATHLETICS DRILLS

Sprint drills:

(all drills should start from a tall position and done over 20m)

CONCENTRATE ON CONTACT TIME & RECOVERY

- 1) Heel/toe with straight legs
- 2) Heel/toe with bent legs and high knees
- 3) Pitter patters - light but fast
- 4) Grabs - double and single
- 5) Heel flicks- single and double (this should be as fast as you can)
- 6) Heel flick with claw back- single and double
- 7) As above but much faster

CONCENTRATE ON STRIDE LENGTH AND DRIVE

- 8) Skipping (this should be gentle but you should feel the heel/toe action)
- 9) Morecombe and Wise (height is essential)
- 10) As above but the action is long rather than up
- 11) High knees on one leg
- 12) High knees on both legs (this should be rapid)
- 13) Heel/toe with very high knees (must stay on toes at all time)
- 14) Horses (lift knee and extend the lower leg)
- 15) Extend the back leg and leave behind- recovery should be controlled and correct ie very bent leg (should be done at a walk)
- 16) Hurdle grab on one leg
- 17) Bounding as long as possible
- 18) Speed bound
- 19) Straight leg lifts on toes (this can be adapted by clapping hands under each leg on each lift)

Simple Sprint Running Session or Follow Sprint/Middle Distance Training Plan

Do 8 x 60m sprint with walk back recovery. This should be done flat out. From a three point start.