

RUNNING FORM DRILLS

These drills can be performed following the general warm up and stretch session. They are designed to develop the previously described running techniques by focusing on specific body parts. The form drill should be performed using the full length of the court.

High Knees

As you run, swing your arms, relax your hands, and lift your knees high so your thighs are parallel to the ground.



Butt Kicks

Swing your arms and relax your hands as you run, kicking your heels into your buttocks. Your thighs should be facing forward.

Toe-Pulls

Mimic a pair of scissors as you run, pulling your toes back when your foot leaves the ground and pushing your toes forward as your foot approaches the ground. Be sure to swing your arms and relax your hands.

Carioca

Stand facing the right sideline. In a side step motion, cross your left leg behind your right leg and side step. Then, cross your left leg in front of your right leg and as your leg crosses in front of your other leg, "pop" up your knee in a quick motion. After going down the court to the far baseline, move to the starting baseline and work the other leg.

Backward Run

Run backward emphasizing arm and leg movement.