

How to Turn Heads and Win

Enhance your Performance in a Variety of Sports with Sprinting Drills

Do you want your students and athletes to improve their running and sprint times in 3 to 4 weeks? This presentation will cover how to do a dynamic warm up, jogging, jogging uphill and jogging downhill.

We will cover sprinting techniques: Skipping A's, Running A's, Running C's, Fast Leg, Running C up and Out, Transitions, Striders and Build Ups. Fun reaction time drills will close the presentation.

Dynamic Warm Up

Jogging Cues

Jogging

Jogging up hill

5k race cues

Sprinting Cues

Skipping A's

Running A's

Running C's

Fast leg

Skip C up and out

Transitions

Striders

Build Up's

Reaction time drills

Closing Activity will be 10 reaction time drills

