



WHITEPOINT WOLVERINES 2012 SPRING PRACTICE

Running Program

We do this every practice right after stretching to teach proper mechanics of running. We will do each exercise 2 times for a distance of 10 yards.

1. **Form Running**

Slow Run, exaggerating arm swing and knee lift. Swing the arms through the shoulder area. Remember to keep the arms fixed at an angle of 90 degrees.

2. **High Knee**

Run using a short stride and bouncing on your toes, raise your knees as high as possible on each stride. Concentrate on raising your knees as high as possible. There should be little forward distance covered, but keep moving forward.

3. **Bounding**

Run with high bounding steps with a high knee lift, landing on the ball of your foot. Use an exaggerated arm swing for each jumping step (opposite arm and opposite leg). Do not let your lead leg cross the midline or let your knees cave inward.

4. **Explosions**

(Skipping action) Explode off your back foot while driving your opposite knee to your chest. Try to get as high off the ground as possible. Maintain proper arm swing-opposite arm of the raised knee should be in the air. Land on your back foot and switch feet. There should be little forward distance covered, but keep moving forward.

5. **Backwards Run**

Keep your shoulders directly over your feet. Keep your feet close to the ground — just skim over the surface. Push off the balls of your feet. Hold your arms low and very close to your body. Carry your elbows right at your hips.

6. **Shuffle Run**

Turn to the side. Get into a good hit position-(Spread the chest, Knees over Toes, Shoulders over Knees- Bending at the waist, Head up, and arms cocked) Push off your back foot and step **sideways with your front foot. Do not cross your feet.**

7. **Cariocas**

Turn to the side. Get into a good hit position-(Spread the chest, Knees over Toes, Shoulders over Knees- Bending at the waist, Head up, and arms cocked) Run sideways with legs crossing each other, leg in front, then leg in back, twist from hips as legs cross. Hold arms straight out from shoulders for balance; keep shoulders straight.

8. **Sprints**

Run as fast as you can. Focus on good arm swing, stride length, and knee drive.