

5 TRACK DRILLS



- ✓ Dynamic march
 - A skip
 - B skip
 - Straight leg bound
 - Broad jumps

- ✓ Quick feet Jump circuit.
 - Standing
 - Side to side
 - Front to back
 - Lunges
 - Knees to chest
 - Alternating Butt kick

- ✓ Shin Splints / Balance drills
 - Calf raises
 - Heel/Toe raises
 - Single leg power holds
 - Single leg squats
 - Wall sit

- ✓ Hurdle drills
 - Good mornings
 - Hurdle rock and reach
 - Reach roll throughs
 - Standing static leg reaches
 - Sitting Static leg reaches
 - Knee bends, Straight, int. ext.

- ✓ Lunge Circuit
 - lunges
 - Backwards lunges
 - Exterior lunges
 - Jumping lunges