

PURPOSE

Improve overall explosiveness, starting speed and acceleration out of the blocks

EQUIPMENT

6-10 cones in a line, with each cone about 10 meters apart

WARMUP: B SKIP DRILL

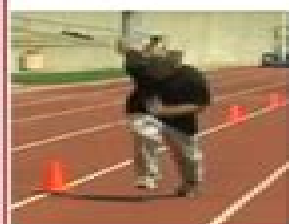


1. Start at one of the cones with your feet shoulder width apart.
2. On the coach's command, begin to skip down the track.
3. Once you have gone 10 meters, break into a light jog for another 10 meters, and then alternate skipping and jogging the whole way down the line of cones.

BIG BOX DRILL



1. Start with both feet close together, and on the coach's command, jump forward, to the left, and back.
2. As you jump backwards, keep the head and shoulders in the same position and allow your feet to drift backwards.
3. Land at a 45 degree angle in an accelerated posture.
4. Push and accelerate forward for about 10 meters before breaking back into a light jog for the next 10 meters.
5. Repeat all the way down the track.



SLIP JUMP DRILL



1. Start at the first cone, feet split with the left foot forward. Bend at the knees and hips to get into a slight squat position.
2. On the coach's command, push off the ground & while in the air, bring the left foot to the back and right foot to the front.
3. Before coming back down to the ground, switch your feet again, bringing the left foot forward and the right foot back.
4. Repeat this movement 3 times, before breaking out into a jog for about 20 meters.
5. Reset, this time with the right foot forward and the left foot back, and perform 3 more slip jumps before continuing down the track.
6. Repeat all the way down.

COOLDOWN

Static Hamstring Stretch: Extend one leg, lean forward to touch toes. Hold 15-30 seconds, switch legs.
Foam Rolling the Calves: Place foam roller under calves, roll from knee to ankle for 1-2 minutes each.
Child's Pose Stretch: Kneel, sit back on heels, stretch arms forward on the ground. Hold for 30 seconds.

Modern Drills For Track Field Vol 3

Jianjun Gao



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