

Basic Mechanics of Galloping

- The basic body posture mechanics of walking are required and apply to galloping
- The footwork: (1) feet are together and weight is primarily over left foot, (2) right straight leg kick, (3) step on the right foot (new weight bearing base), (4) bring the left foot forward beside the right foot (now the left foot is the new weight bearing base, (5) Repeat steps 2 to 4
- Practice the footwork with the weight primarily over the right foot and a left leg kick
- Start at a slow pace with a short step distance - eventually increase to a faster pace with a longer step distance
- The hips need to be pushed forward or kept aligned as the foot steps forward (watch for any bending at the hip)
- Focus on the core (just below chest to mid-thigh) staying tight and always over the new base
- Establish the rhythm of the footwork – right, left-together with a right foot kick at the same time as when the left comes together, repeat....
 1. Possibly begin with a rocker step to initiate the foot kick
 2. Hold onto a wall to aid balance if necessary
- Much of the body's weight is forward on the balls of the feet
- Gallop to the right initiating the movement with a step to the right (this is essentially a defensive basketball slide) – perform the same to the left
- Make additions to the galloping: step/clap, step/snap fingers, step/stomp, step/clap-clap, step/wiggle-wiggle, step/knee bend, step/arms out
- Continue to increase the speed to achieve a full 'horse gallop'
- If scooters are available, introduce the option of the 'horse pulling the scooter with a rider' – maintain the 'hip pop' forward and a tall body posture while pulling
- Encourage a 'clawing action' (pull back and push off) of the force producing leg with the ground (critical instant)
- The critical instant (force production) comes from the contraction of the hamstrings and glutes as the ball of the foot does a 'clawing' action at the ground (eventually important to the running motion)