

PHED 1223 – Fundamental Movement – Drill Example

Movement: Running

Equipment: gym space with available wall use, chairs and/or hurdles (optional)

Focus: Exercises to maintain a tight tall body throughout the running stroke. Once the body can create straight joint lines, the resulting force applied by the foot at the critical instant will be more powerful, resulting in more speed. All leg swings will start low, with only a small amount (4 to 6 swings). Increase the number of swings to 10 to 15 as strength and body control increases. The standing leg will be under tremendous pressure to keep the body still as the other leg swings.

Description:

Drill #1:

- Stand one arms-length away from the wall with your right shoulder parallel to the wall and right hand braced against the wall
- Swing a straight left leg forward/backward - let the knee of the swinging leg bend on the backside (in the sagittal plane)
- Focus on a tight/tall straight body – only the leg is moving (the body does not rock forward and backward)
- If the rocking continues, have the participant stand with their back right up against the wall and perform only the front side mechanics of the leg swing
- Switch and face the opposite direction to swing the right leg following the same procedure
- Possibly have a partner hold up a target that the moving leg swings forward to

Drill #2:

- Stand one arms-length away from the wall, facing the wall with the right or left hand braced against the wall
- Swing the straight right leg from the right to the left across the front of the body (in the frontal plane)
- Focus on a tight/tall straight body – only the leg is moving (the body does not rock side-to-side)
- If the rocking continues, have the participant stand with their side right against the wall and only do the abduction phase of the swing
- Switch and swing the left leg following the same procedure
- Possibly have a partner hold up a target that the moving leg swings out to

Drill #3:

- Stand one arms-length away from the wall with your right shoulder parallel to the wall and right hand braced against the wall
- Swing a straight left leg in a figure-8 pattern, 6 to 10 times
- Focus on a tight/tall straight body – only the leg is moving
- Switch and face the opposite direction to swing the right leg following the same procedure

***** Increase the Difficulty**

- Do not brace against the wall/partner/chair – perform free standing leg swings
- Perform the drills on the toe-box with a hand brace or no hand brace
- Perform the drills on a flat foot, with no hand hold and the eyes closed
- Perform the drills on the toe-box, with no hand hold and eyes closed