**Level C – Running – Technical Exercises**

**HEELS TO BUTTOCKS**

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| **Drills** | | **Exercise** | **Description** | **Example** |
| **1** | Technical exercises | Heels to buttocks | Body straight or slightly tilted to the front  Heel backward, establishing a rhythm alternating between right and left foot  Arm opposite to support foot at a 45 degree angle  Weight of support foot on the middle of the foot | http://www.thesmartcoach.be/medias/images/exercices/105/IMG_3062.JPG |

Level B – Running – Technical Exercises

Heels to buttocks and knees rAised

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| **Drills** | | **Exercise** | **Description** | **Example** |
| **2** | Technical exercises | Heels to buttocks | Body straight or slightly tilted to the front  Heel backward establishing a rhythm alternating between right and left foot  Arm opposite to support foot at a 45 degree angle  Weight of support foot on the middle of the foot | http://www.thesmartcoach.be/medias/images/exercices/105/IMG_3062.JPG |
|  | Knees raised | Body straight or slightly tilted to the front  Bent leg raised  (support leg extended)  Foot making contact with ground is dynamic  (other leg bent and moved forward) | http://www.volodalen.com/images/i16visuels3D/Gtech_course_placee.jpg Source: http://volodalen.com/16visuels/visuels04.htm |

Level A – Running – Technical Exercises

HEELS TO BUTTOCKS AND KNEES RAISED   
IN SEQUENCE + ACCELERATION

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| **Drills** | | **Exercise** | **Description** | **Example** |
| **3** | Technical exercises | Heels to buttocks | Body straight or slightly tilted to the front  Heel backward establishing a rhythm alternating between right and left foot  Arm opposite to support foot at a 45 degree angle  Weight of support foot on the middle of the foot  Body straight or slightly tilted to the front | http://www.thesmartcoach.be/medias/images/exercices/105/IMG_3062.JPG |
| Knees raised | Bent leg raised  (Support leg extended)  Lead foot makes contact with ground  (Other leg bent and moved forward) | http://www.volodalen.com/images/i16visuels3D/Gtech_course_placee.jpg  http://www.entrainement-sport.com/wp-content/uploads/2011/08/attitude-de-course-position.jpg |
| Acceleration | Quick steps  Lead foot lands on ground  Lift foot after contact  Arm opposite to support foot bent (at a 90 degree angle) |

LEVEL C – RUNNING – STARTS

STANDING

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| **1** | Starts | Standing | Tip of back foot raised behind the front foot  Arm bent opposite to foot on ground  Accelerate arms and legs quickly  Short fast steps | http://t0.gstatic.com/images?q=tbn:ANd9GcSpDueq14UtWuIJGk2Z7_8YG62__wJ2Jl-s8Mu1La4VtGNxCaffVDHWHPVsTg  http://sr.photos1.fotosearch.com/bthumb/CSP/CSP245/k2454101.jpg |

Level B – Running – Starts

THREE SUPPORT POINTS

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| **2** | Starts | 3 support points | Legs at shoulder width  Tip of back foot raised behind the front foot  Hand on ground opposite to foot on ground | http://t0.gstatic.com/images?q=tbn:ANd9GcSpDueq14UtWuIJGk2Z7_8YG62__wJ2Jl-s8Mu1La4VtGNxCaffVDHWHPVsTg |

Level A – Running – Starts

With Starting Block

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| **3** | Starts | With starting block | Feet in starting block  Left and right feet off centre  Hands behind start line, index finger and thumb as support  Back and head aligned  At start signal, rise gradually  Accelerate moving arms and legs quickly | [http://www.ikonet.com/fr/ledictionnairevisuel/images/qc/athlete-bloc-de-depart-3100.jpg](http://www.google.ca/url?sa=i&rct=j&q=&esrc=s&frm=1&source=images&cd=&cad=rja&docid=RFVudAdEDdAhtM&tbnid=m2L9sHbCqf247M:&ved=0CAUQjRw&url=http://www.ikonet.com/fr/ledictionnairevisuel/sports-et-jeux/athletisme/stade/athlete-bloc-de-depart.php&ei=FMksUrXHNLLB4APR04DYBA&psig=AFQjCNFnfOORlq7fWdA8BHPeC4nc0UcQdA&ust=1378753068970449)    http://sprint.athle.com/upload/common/view/pan.depart.01.jpg  [https://encrypted-tbn0.gstatic.com/images?q=tbn:ANd9GcQpsQ9d2RcNY_ivQaATRr9feHh0Q9lIXajy2Y8sQq3z0O07JzdS](http://www.google.ca/imgres?hl=en&biw=1301&bih=535&tbm=isch&tbnid=8n8k-zLJrT1IcM:&imgrefurl=http://eps.roudneff.com/eps/articles.php?lng=fr&pg=26&docid=lu4aEbAOBEQ5tM&imgurl=http://eps.roudneff.com/eps/photo/Athletisme%20courses%20depart.jpg&w=600&h=231&ei=RsgsUvfgF-PD4AOq24DADw&zoom=1&ved=1t:3588,r:47,s:0,i:226&iact=rc&page=4&tbnh=139&tbnw=362&start=35&ndsp=16&tx=261.04766845703125&ty=94.952392578125) |

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| **Drills** | | **Exercise** | **Description** | **Example** |
| **1** | Exercises | Leg lift | Leg lift (90 degree angle)  Support leg extended  Arm in front at a 90 degree angle | [http://static.skynetblogs.be/media/32296/dyn002_original_640_480_pjpeg_2573429_3fc51f8f5621cb36ffbb26efbb4b0402.jpg](http://www.google.ca/url?sa=i&rct=j&q=&esrc=s&frm=1&source=images&cd=&cad=rja&docid=zi5kzpTPaMlX5M&tbnid=aHb_0u5vF8hvAM:&ved=0CAUQjRw&url=http://levequeteam.skynetblogs.be/archives/category/actualite/index-10.html/&ei=U1gvUq-PJtOw4APfxIDYDw&bvm=bv.51773540,d.dmg&psig=AFQjCNHDUEimqPshBYmGHyxcyKgT4c_NYg&ust=1378920896015532) |