Learning Outcomes

- Demonstrate an active foot strike while sprinting
- Pick heels up quickly behind in sprinting

Suggested Resources

- Cones
- Large balls

Activities

1. Students practise holding a ball between foot and shin. Progress to flicking the ball to partner in this position
2. Discuss the dorsi-flexed foot (toe turned up). This sets the foot for an active strike on the ground and allows the leg to travel faster through the air during recovery
3. Students practise holding dorsi-flexed feet while:
   - walking for 10m
   - jogging for 20m
   - striding for 30m
   - sprinting for 40m
4. Students coach one another, looking at feet positions

Differentiation and Variation

- Many students find sprinting with good technique very challenging. Ensure that the less able work over short distances (20 – 30m) so that fatigue does not limit technical improvements
- More able students can use heavier balls
- In relay running have more able students sprinting further and/or more often than less able students

Learning Point

- Bounce on the balls of the feet (mimic a bouncy ball)
- Keep the body straight and the head high when sprinting
- Cycle the foot quickly under your body
- Drive the foot down to the ground and pick it up fast (imagine the track is red hot)
- Bring the thigh through fast with leg tucked under

In pairs with large ball, students:
- roll the ball down smoothly from hip raising the thigh quickly to roll the ball up to head-height off the knee to the partner
- return to sprinting, working on lifting knees in a similar manner

Students run over longer distances (up to 60m) concentrating upon bringing the dorsi-flexed foot down to meet the ground actively and lift it again quickly. This can be done at various speeds

Finish with sprints races and relays, with a focus on active foot placement