

## Age 12 - 13 Lesson 2 Driving hard

### 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
- 8 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
- 9 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
- 10 Finish with sprints races and relays, with a focus on active foot placement

### 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