



TRACK AND FIELD FOCUS:
Introduction to Running
SKILLS COVERED:
Running Form



SESSION COMPONENTS	ACTIVITY
<p>WARM-UP</p> <p>Light jog (2-5 minutes)</p> <p>Circle warm-up (2-5 minutes)</p> <p>Circle stretch (1-3 minutes)</p>	<p>Getting Started</p> <p>Lead the group on a light jog.</p> <p>Have the students form a circle around you, about two feet apart from one another. On your signal, students should start to run in a clockwise direction. After 30 seconds the students change direction, speed up, and do drills such as high knees, butt kicks, and side steps (these drills are explained further in Session 4). You can add other activities like running in place, jumping jacks, lunges, squats, or push-ups.</p> <p>Have students form a circle around you and lead them in stretches. <i>Please see the Supplementary Session Card on Stretching.</i></p>

SESSION COMPONENTS	ACTIVITY
<p>SKILL DEVELOPMENT</p> <p><u>SKILL</u></p> <p>Running Form</p> <p><u>SKILL COMPONENTS</u></p> <p>Body Awareness and Coordination</p> <p>Balance</p>	<p>Body Awareness and Coordination</p> <p>Have students form a circle around you. Have the students jog in place and lead them in the following movements:</p> <ul style="list-style-type: none"> • High knees while raising the opposite arms • Jogging in place with shoulders pulled back • Jogging with head held high, focusing straight ahead <p>This is a good opportunity to ask the students to demonstrate incorrect technique. Encourage them to pay attention to the differences they feel between correct and incorrect form.</p> <p>Funky Run ▶</p> <p>You will need cones for this activity. In groups of 3 or 4, students will start at one cone and run up and back to another cone 30 to 50 feet away. On their way to the cone, ask students to do a “funky run” by using incorrect technique (flailing arms, hunched shoulders, twisting the body, etc.). On the way back, have them use proper running form.</p> <p>Bricks & Feathers ▶</p> <p>While standing in a large circle, students will follow your lead and practice being “bricks” (heavy and low to the ground) and “feathers” (light, bounding, and tall).</p> <p>Balance</p> <p>Students form a circle around the coach. Students should practice holding their balance with:</p> <ul style="list-style-type: none"> • Two feet on the ground, eyes open/closed • One foot on the ground, eyes open/closed • Hopping on one foot, eyes open/closed



Tight Rope ▶

You will need chalk for this activity. Students can practice walking along a chalk line on the ground. The goal for the students is to stay on the chalk line, maintaining their balance. For added difficulty, you can ask the students to close their eyes.

SESSION COMPONENTS

ACTIVITY

OPTIONAL EXTENSION

SKILL

Running Technique

SKILL COMPONENTS

Posture

Posture

Explain to your students that in order to have good running posture, they must "run tall," keep their torsos stable, and keep their bodies relaxed and facing forward. Ask students to run at a slow pace and focus on "running tall" while keeping the following points in mind:

1. Keep the torso stable and the entire body upright and facing forward.
2. The head, hands, knees, and feet should face forward, with the head up so the chin is parallel to the ground.
3. Stay relaxed, especially in regards to the face muscles, jaw, neck, shoulders, and hands.

Focus on Form

Have students alternate between correct and incorrect technique for 5 to 10 minutes to develop greater awareness of their bodies and the correct techniques. They can hunch over, lean too far forward or backward, bob or shake their heads, or twist their bodies.

SESSION COMPONENTS

ACTIVITY

WRAP-UP GAME

Toe Tag ▶

You will need cones and/or boundary markers for this activity. Keep the playing space small to encourage quick, agile movements. Ideally you need at least five players. Everyone is "it" at the same time. To play the game, runners tag each other by stepping lightly on one another's toes. Stomping is not allowed. Players are out if they are tagged or they go out of bounds. The best way to avoid being tagged is for a student to keep their feet moving quickly.

