

Sprint Progression for High School and Youth Athletes Roosevelt Kent

Philosophy of my System

Use the track to propel the body forward

Fall forward

Use movements that promote horizontal movement

Drive – don't lift

Two ways to increase speed

Increase stride length

Increase stride frequency

Progression of my System

Gaining ground

Ball of the foot running

Dorsiflexion of the ankle

Calf to hamstring

Push to the front (drive not lift or kick)

Anterior hip tilt

Cross body arm swing

Progression of my System continued

Tension in the wrist (fist or lock)

Hands and feet working in unison

Teaching Progression of the system

Ball of the foot running

heel up, toe up

Baby steps

stepping over ankle

Big baby steps

stepping over mid calf

Calf to hamstring running

forming the four

or

High knee butt kicks

Push to the front

lead with the heel

Armless running

PALO running

Concentrate on feet and leg action

Asymmetrical arms

Tension in the wrist

Hands and feet in unison

Posterior and Anterior running Hip tilt