LEVEL 3

RJT'S - RUN AND TURN

HANDBALL

Organisation

- Place cones at varying distances in a straight line
- Sprint out and around each multimarker before turning and running back to starting marker

Key Points

- Start in correct stance position, i.e. knees and back slightly bent,left foot and right arm out in front, head down
- Use short strides when turning and longer strides when running in a straight line
- Swing arms to build speed
- Use your front foot as a brake to stop by driving it hard into the floor in front of you
- Lower your hips as you stop to aid balance
- Stop quickly in a ‘strong’ position by bending your arms at the elbows
- When stopping with your right foot forward, your left arm should be forward and vice versa

STEP Variation

Equipment - Add hurdles or ladders

Notes