



RUNNING - UNDER STRIDING

— HURLING / FOOTBALL







This exercise to practice running using a shortened stride uses a training ladder and improves control

Organisation

- Run through the ladder at pace placing each foot in every second space
- Speed up as technique improves

Key Points

- Focus on technique; move at a controlled pace so that the stride must be consciously shortened
- Run on the balls of the feet; keep the head up and the back straight
- Synchronise arm and leg movement, i.e, lift the right knee and left arm simultaneously and vice versa

Equipment

| Notes | | | |
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