

Form Running

Use Form Running In Daily Workouts- Form running after stretching should be done every day, practice and games. It is designed to increase flexibility, agility, and quickness and enforce proper running mechanics. Perform each exercise up and back for a distance of 90 (60 Ft) feet: Base stealing shuffle and run, Run with knees high, Run backwards (kick legs out), Karaoke, Power skip, Side shuffle, Run forwards (butt kick), Crab stretch. Stretch legs again after running.

Teaching Form Running- A very important segment of practice (and one we believe is often overlooked) is **Form Running**. After a light jog and after performing your stretching routine, players should always perform Form Running. This routine takes about 5-10 minutes and helps players with balance, strength, good running form and coordination. When initially teaching Form Running, teach it at a walking pace so that the players can learn the correct technique and the way the body is supposed to move. Allow extra time the first few practices.

- **Secondary lead and steal-** all players face the same way, take their three-skip secondary lead and sprint (3/4 speed) 70-90 feet.
- **Karaoke-** all facing the same way and eyes fixed on the fence, using your arms to help keep balance, run sideways with a step over the leg and then a step behind.
- **Power skips-** an explosion upwards, opposite arm and opposite leg.
- **Butt Kickers-** short choppy steps kicking the glutes with your heels.
- **Run backwards-** fix eyes straight ahead and reach out with your legs.
- **Butt Busters-** Walking lunges with the upper body erect and reaching out with each leg. Don't stand up and don't touch the ground with your hands. **NGI**.
- **All exercises are down and back starting on the outfield foul line.**