

Coordination and Running Technique

Short and Long Strides:

- players in groups of 3
- perform the following movement patterns, for 2 minutes each:
- quick feet/ step left/ sprint right
- quick feet/ step right/ sprint left
- quick feet/ step left/ spin/ sprint right
- quick feet/ step right/ spin/ sprint left
- 2 foot side-step/ run around player right/ sprint
- 2 foot side-step/ run around player left/ sprint
- 2 foot hops/ jumping header/ sprint
- 1 foot hops/ jumping side header/ sprint

