**Drills Technique Session**

*Gemma Hillier – International Middle Distance athlete, Level 2 athletics coach & Level 4 Personal trainer*

**Dynamic stretching warm up drills**

**Drill 1:** Walking knee pull up

* Coming onto toes
* Knee to chest
* Foot pointing up the sky
* Take a few steps in between before repeating on other leg

**Drill 2:** Quad Stretch dynamic Drill

* Coming unto Toes
* Leg pulled straight behind towards bottom
* Looking straight ahead
* Release then take a few steps in between before repeating on other leg.

**Drill 3:** Dynamic Nerve stretch

* Bending down
* One leg bent the other straight
* On the straight leg pull foot towards shin and reach down with hand and do a sweeping motion from heal to toe
* Take a few steps forward and repeat on other leg
* Should feel a nice nerve straight down the back on the straight back and leg.

**Drill 4:** Hamstring Kick Outs

* Up onto Toes
* Standing leg slightly bend
* Kick leg into the air and bring opposite arm to leg
* Try not to twist the body or hips keep everything pointing forward
* Take a few steps and then repeat on other leg.

**Activation Drills**

**Drill 1:** High Knee Walk (no video)

* Coming onto toes of standing leg
* Make sure gluts are activated
* Bring leg up to hip height and point toes to ceiling
* Then take a few steps and repeat on other leg
* Make sure you keep standing leg strong and slightly bent
* Look forward not down at the floor

**Drill 2:** Walking lunges

* Step forward and make sure you are in a stretched out position
* Make sure knee isn’t going over your foot
* Lunge straight down using gluts to stabilise you and back up again
* Push from back leg to bring legs together again
* Step forward with other leg and repeat

**Drill 3:** Walking march & Dynamic walking march

* Walking march motion
* Make sure you really activate your gluts in order to drive you forward
* Push off from your mid-foot
* Keep Head facing forward and not looking down

**Drill 4:** High Knees

* Take off and land on the balls of the feet
* Bring the thighs as close to parallel with the ground as possible, but not higher than parallel
* Avoid any backward kicking motion
* Look straight ahead while maintaining a tall, stable posture
* Swing the arms from the shoulders, in sync with the opposite leg, and without any side-to side movement.
* Focus on quick turn over and doing lots of knee lifts rather than racing forward
* It’s a challenging drill so be patient, focus on one area of improvement at a time and slow down if form is suffering.