

Warm up

2 reverse laps around the track

Warm ups- 40 yards

Acceleration

Backwards run

Forward skips

Backward skips

Kareoke

Running drills- 20 yards (speed up every 5 yards) then sprint 20 yards

1- High knees

1- running butt kicks

1- A skips

1- B skips

1- Fast leg

Dynamic stretch- 10

Back rolls

Hurdle rolls

Knee side to side

Leg side to side

Toe to hand touch on back

Leg raise

Scorpion

Hurdle seat change

Leg swing

Claw

Acceleration- 2- 100 yards

Toes

Heels