

# The Physical Performance Center



AT GASTON REHAB ASSOCIATES, INC.

## PPC TRAINING TIPS – Sprint Technique

Cory Barsness, CSCS

Technique is one component of developing speed. With simple cues and drills, individuals can construct their stride to be more effective and efficient. Use these cues and drills to improve sprint technique:

**Arm Swings:** Sit flat on the ground with legs extended and toes up. Maintain posture in upper body and keep arms bent at 90 degree angle. Swing arms at the shoulder joint with hands from eye level in front of face to behind the hip. Start with slow and concentrated motions to develop correct arm movement during running. Incorporate sprints with arm swings once proper form is being used.



**A Skips:** Lift knee and toe up as high as possible, while foot contacting ground performs a small skip. Immediately perform the same action with the opposite legs. Proper arm movement from eye level to hip pocket should be emphasized as well. Maintain upright posture throughout drill.



**B Skips:** Follow the same movements as the A-Skips, but at the top point of hip and knee flexion, kick your heel out with toe pointed up.

