



# Running Technique - Notes

For footy specifically, the 2 things you're going to need are acceleration, and change of direction – top end speed is important, but much harder to teach and learn from a technical point of view – and the changes we get from teaching acceleration will also flow into this category anyway.

## **ACCELERATION:**

### **Drills:**

- get up, bouncing on your toes, just to get used to landing and taking off on the balls of your feet, making sure their heels don't touch the ground.
- The main mistake players will make is trying to stride out and heel strike, this is essentially acting to retard their motion.
- From here, pair up, one player will hold the other by the back of the shirt, while the guy being held tries to run away. This almost forces the body to adjust in posture such that it maximizes force output by taking short sharp steps, with the torso leaning forward – much the same as sprinters do at the start of the race.
- Complete this a few times over 5m, alternating each end.
- From here, bring it out to 20m, where the partner will hold on for 5m, then release with the non-holder to then run the remaining 15m uninhibited.

Over striding is a common issue – to try and counter this they also swing their torso from side to side to generate more speed but this also hinders them.

The key points to be mindful of are:

- foot strike – no heels touching the ground
- no lateral torso movement
- stride length – foot strike occurring close to directly below the centre of mass, not over striding
- Arm movement – elbows at 90 degrees, moving in straight lines up and down and NOT moving across the body

## **CHANGE OF DIRECTION:**

Similar to Acceleration; with the focus on short, sharp steps and staying light on your toes, the only change comes with balance. Core strength development is extremely important for this skill.

### **Drills:**

- Running around cones in a zig-zag movement (can incorporate footys as well – just basic give and receive handballs in-between cones).
- With a partner standing in front of you, get them to watch you while you give them hand signals for them to move fwd/back, left/right. Same real focus points stay on your toes and use your arms for balance.