

High Knee Drill

Intensity level: Low to moderate

Equipment: None

Purpose: Trains hip flexors and reinforces foot positioning taught during ankling drill; reinforces front-side mechanics while reinforcing dorsiflexion and conditioning the hip flexors.

Beginning position: Assume a comfortable, upright stance with feet shoulder-width apart. Begin to walk, focusing on one leg at a time.

Movement: Right ankle plantarflexes as hips move over foot. As soon as heel lifts off ground, immediately draw ankle into dorsiflexed position and extend great toe as in ankling drill. At the same time, flex right hip until thigh is parallel to ground. Keeping ankle dorsiflexed and toe extended, drive foot to ground, using hips, placing lateral aspect of forefoot slightly in front of hips.

Advanced variations: (1) walking, focusing on one leg at a time, no arm swing; (2) repeat, adding arm swing; (3) walking, alternating legs, no arm swing; (4) repeat, adding arm swing; (5) skipping, focusing on one leg, no arm swing; (6) repeat, adding arm swing; (7) skipping, alternating legs, no arm swing; (8) repeat, adding arm swing; (9) running, alternating legs, no arm swing; (10) repeat, adding arm swing.

Common Errors

- Inability to stand tall during this drill due to weak hip flexors and core; trunk will flex as the hip flexes
- Inability to keep ankle dorsiflexed and great toe extended when flexing hip



Fast Leg Drill

Intensity level: High

Equipment: None

Purpose: Move lower extremities at a faster speed than during normal running

Beginning position: Perform at a walk, beginning with right foot.

Movement: After the third step, perform a fast sequence of the following motions: heel to hip with ankle dorsiflexed and great toe extended as in butt kicker; bring right knee forward as if stepping over opposite foot; flex hip so that thigh is parallel to ground, then unfold leg and drive foot to ground as in high knee drill. Repeat every third step.

Advanced variations: (1) ankling for three steps, then fast leg motion one step, focusing on one leg at a time; (2) ankling for three steps, then fast leg motion one step, alternating legs; (3) ankling for two steps, then fast leg motion one step, alternating legs; (4) straight-leg bounding for three steps, then fast leg one step, focusing on one leg at a time; (5) straight-leg bounding for two steps, then fast leg one step, alternating legs; (6) straight-leg bounding one step, then fast leg one step, focusing on one leg at a time; (7) continuous fast leg for distance.

