

DRILL SET

Marching	March forwards, lifting knee waist high, and driving opposite elbow back. Keep abs pulled in, and do not allow hands to cross mid-line of the body. Hands go “cheek-to-cheek.”
Skipping	Good old-fashioned playground skipping. Keep abs pulled in, and do not allow hands to cross mid-line of the body. Hands go “cheek-to-cheek.” Challenge: A Skips – driving the foot downwards with extra force.
Skip Pause	Same as Skipping, but on every third skip, pause, with knee at waist-height, and hands and opposite cheeks. Hold for a slow count of 3.
Hopscotch	5 quick hops both feet, 5 quick hops right foot, 5 quick hops left foot.
Zig Zag Run	Run 10 feet forwards, then run with feet very wide apart for remainder of distance. Focus on the side-to-side movement rather than on moving forwards.
Carioca	Carioca but with steps as quickly as possible.
Butt Kick	Run kicking buttocks. The knee should come up so that the leg is lifted like a stork underneath the body.
Chasse	Skipping type movement sideways. Do each side. Focus on keeping feet facing the direction of the chest, rather than the direction of movement.
Strides	Run at a pace that is quick, but not a full out sprint. Focus on keeping the abs pulled in and good arm movement. Elbow should drive back, and hands should move “cheek-to-cheek” without crossing the midline of the body.