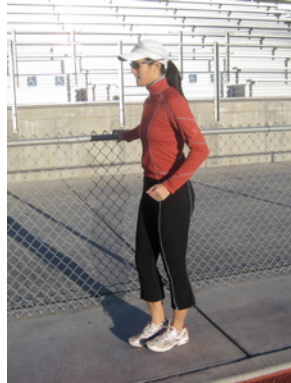


B, C and then A motion, pausing in the position you started. Make the motion very quick and pause after each cycle before completing the next one. You can try doing about 10 repetitions with about a half-second pause in between, or if you are coaching you can yell “Claw” and have the athletes perform at your command. Feel free to have fun with it, and change up the timing or throw in some words that rhyme with claw instead!

Claw - A motion



Claw - B motion

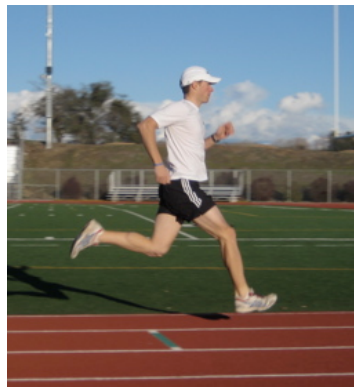


Claw - C motion



The A, B, and C motions can be out together in a moving drill called a “**Stride**”. Whether you call it a “stride”, “strider” or “pickup”, the goal is to concentrate on run form while running a short distance at a medium effort. Make sure to stand tall, pump the arms, drive the knees, push forward off your feet, and bring those heels up nice and high under your butt. Pretend like you are being filmed, or actually have someone film you. A stride is how you would try to run all the time if lactic acid never built up in your legs and you could run fast all day without getting sore, pretty much like a gazelle. You can perform repeats down the straight-away of a track or other firm surface for a distance between 50 and 100, striding down and jogging back, as part of a warm-up after completing the ABC drills. Strides can also be effective as part of a workout. You may have performed these before and without realizing they are actually skill-building drills, but since you concentrate on making movements that are exaggerations of how you typically run they help bolster muscle memory for proper run form.

Stride



Advanced ABC Drills

When you or your athletes have become very comfortable with the ABC drills, you can make modifications to put more focus on balance and coordination, which is at the heart of all the run form drills. This is especially helpful in a group of athletes with various experience levels. The first modification, which can be done during each of the A, B, C drills, is quite simply to close your eyes. When performing the Claw drills, balance on your own without the wall in addition to closing your eyes, making sure to put most of the pressure on your plant leg over your mid-foot. Closing your eyes forces you to dig deeper into body awareness to maintain balance. To work on both balance and coordination, pause for at least half a second every five skips when performing the A Skip and B Skip. On both drills, you want to pause in a posi-