



FPYC Track & Field

8-Step Drill Circuit

1. High Knee Drills
3 x 40m (out, rest, back)
Purpose: Work the front half of the stride motion
Improves form
2. Butt Kicks
3 x 40m (out, rest, back)
Purpose: Work the back half of the stride motion
Improves form
3. Paw Skips
3 x 40m (out, rest, back)
Purpose: Work the bottom half of the stride motion
Focus on quickness of kicks
Improves form
4. Lunges
3 x 25m (out, rest, back)
Improves strength
5. Forward Jumps/Hops
3 x 25m (out, rest, back)
Improves strength
6. Horizontal Jumps/Hops
3 x 25m (out, rest, back)
Improves strength
7. Bench Steps
3 sets of 25 for each leg (lead with one foot 25 time, then the other foot 25 times)
Improve strength
8. Acceleration Sprints
4-6 sets of 50m (run, walk back)
Focus on form and acceleration