



CEDAR HIGH - TRACK & FIELD

SPRINT DRILL ROUTINES

Acceleration Drill A

- 3x Falling Starts Stand – 10m
- 3x Falling Starts Staggered – 10m

Acceleration Drill B

- 3x Pushup Start – 10m
- 3x 3 Point Start – 10m

Acceleration Drill C

- 3x Bounce Starts – 15m
- 3x Grasshopper Starts – 15m
- Switch feet back & forth w/ a bounce

Acceleration Drill D

- 2 Sets
- 3x Crouch Start w/ Resistance – 15m
- 3x Crouch Start – 15m

Acceleration Drill E

- 2x 60m Buildups
- 2x Block Starts on own – 20m
- 2x Block Starts w/ Clap – 10m

Acceleration Drill F

- 4x Full Block Starts w/ Clap – 25m

Speed Drill A

- 3x Wickets Drill w/ Med Ball
- 3x Wickets Drill w/ PVC Pipe
- 10 Wickets + 10m run out
- Same Spacing

Speed Drill B

- 1x 60m Buildup
- 1x Block Start - 10m
- 2x Block Start - 25m
- 3x Block Start - 40m

Speed Drill C

- 3-point Starts
- 5x 50m

Bounding Drill

- 6x Tuck Jumps
- 6x Front & Back Jumps
- 6x Squat Jumps
- 6x Side to Side Jumps
- 6x Split Jumps
- Power Skips – 3 each leg

Flight Phase Drill

- 4x 15/15/15 ins/outs
- Sprint – Float – Sprint
- Stand tall
- Drive knee up

Jump Rope

- 3x Jump Rope – 30 sec
- Rest = 45 sec

Med Ball Drill

- 8x Overhead Back or Straight Up
- As high as possible
- 8x Chest Pass

Crawling Core

- 1x Crab Crawls Backwards – 10m
- 1x Crab Crawls Forwards – 10m
- 1x Crab Crawls Right – 10m
- 1x Crab Crawls Left – 10m
- 1x Spider Crawls – 10m

Planking Core

- 1x Plank (elbow) – 20 sec
- 1x Side Plank – 20 sec each side
- 1x Pushup Plank – 20 sec
- 1x Elbow to Pushup Plank – 20 reps