

## Dynamic sprint drills

### Blocks

- Split Jumps (3 jumps, one foot slightly in front, and drive out)
- Jump to run (both legs extension on jump, drive out land one foot and drive)
- Big Box Drill (feet together, jump forward-sideways- back, and drive run)
- Little Box Drill (one foot only, heel off ground)
- Nose to knee (drop hips get low, rol nose over knee tight ball dive out)
- Hop, Hop, Start (4 point stance, feet 3 hops and drive)
- Hand clap push up start (4 point start lower like push up drive up hand clap and drive)

### Run Technique

- Stationary claw
- Ankle Dribble (run on heels, toes up)
- Knee Dribble (same as ankle work knees higher, blend with ankle dribble)
- Fast Leg (foot contact below hip)
- Bullet Train (Fast leg with alternating sides in sequence no extra steps, Rt, Lt, Rt,Lt)
- Straight leg bound
- Straight leg bound to run

