

## Sprints – Working the Arms

After a RAMP warm up, this session focusses on use of the arms.

After asking each question do at least 1-3 x 30m ( “run through the line not to the line !”), 45m needed.

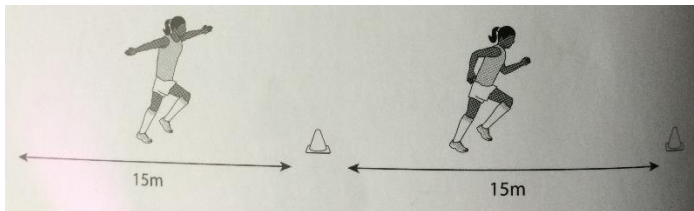
- 1) Ask athletes to **think about what their arms do**.
- 2) Ask the athletes **where their energy goes if they cross the mid-line with their hands**.
- 3) Get the athletes to run the **first 15m with aeroplane arms** (arms straight out at the shoulders) – alternate lanes needed for safety). How does it feel when you are allowed to use your arms ?
- 4) Apart from focussing energy and effort in the direction of your running, **can the arms add power or speed** ? Ask athletes to stand with feet in line, but slightly apart, with feet firmly stuck to the ground. Get athletes to swing their arms, fast and slow, straight arm and bent at the elbow as ask for feedback with respect to **force felt by the feet fixed on the ground**. Can you swing your arms faster with straight arms or shorter arms (bent at the elbow). Run with long arms to accelerate to 10m and after gradually allow them to bend...

End the session allowing athletes to race each other – look for any changes in the use of arms... remember Rome wasn't built in a day, athletes will display what they feel is currently their normal. Creating a new normal that allows the athlete to compete more effectively is the goal – it rarely happens in one session !

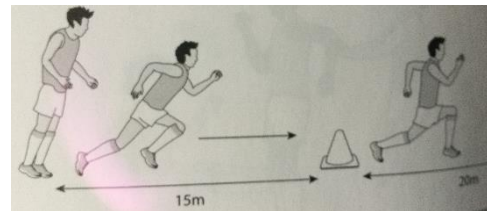
### Arm Development Ideas in Pictures (from John Shepard's 101 Youth Athletic Drills)

#### Running Drill

##### Aeroplanes into natural

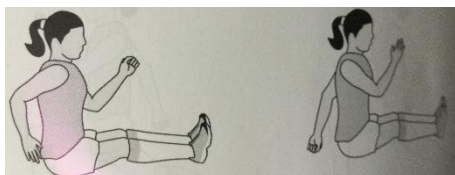


##### Straight arms to bent arms



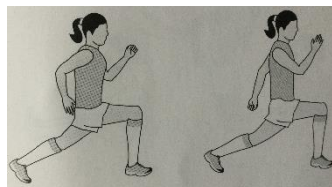
#### Isolating drills

##### Seated Arms (20 secs hard)



##### Lunge Arms (20 secs hard – each leg)

*Only if lunge technique (front knee and chest up is ok)*



#### Partner assisted drill

Partner has arms straight, palms down and allows the “arm” athlete to swing elbow back to the meet their palms. Partners palms should be at the shoulder height of the “arm” Athlete and slightly wider than their shoulders apart.

