

## Running Drill: Striking behind

### Exercise Purpose:

To think about striking your foot behind you and thus discourage an over-strider from striking out in front



For full video instructions for this exercise please visit: <http://ptpete.co.nz/?p=1505>

### Key Points:

- Stand tall and have your arms relaxed down by your sides
- Begin the movement by raising your left thigh (training the left leg in the photo above) to a 45 degree angle
- Bring your left foot down behind you so that the mid foot strikes the ground

\*Make sure that the toes of the left foot are NOT in front of the heel of the right foot

- Once you have pushed down with your left mid foot the momentum should take your right foot out in front of you. Be careful not to over-stride here.
- Then complete the cycle again

\*When first learning this exercise perform it in 5-10 metre blocks. Then rest and re-set

\*Be light on your feet throughout