

Warm Up Form Drills

1. High Knees Running Form Drill

https://www.youtube.com/watch?v=Bz9SDdi7hEw&feature=emb_logo

2. High Knee Butt Kick Running Form Drill

https://www.youtube.com/watch?v=A38JzIAIFQE&feature=emb_logo

3. A Skips Running Form Drill

https://www.youtube.com/watch?v=EC4N94ydtZU&feature=emb_logo

4. B Skips Running Form Drill

https://www.youtube.com/watch?v=nkwXRR_dtuc&feature=emb_logo

5. Toe Skips Running Form Drill (Straight Leg)

https://www.youtube.com/watch?v=xgCTnZgJeak&feature=emb_logo

6. Combined Running Form Drill (Marching High Knee)

<https://www.youtube.com/watch?v=E3wLWbmlwG0>

7. Walking Lunges Form Drill

<https://www.youtube.com/watch?v=SYmVp8rdW6k>

8. Backward Ankle Walks Form Drill

Start walking backward. While doing so, push the heel of your back foot into the ground and lift the front of this foot as high as you can. In other words, try to touch your shin with your toes. (This is impossible by the way). Continue this motion while continuing to walk. Make sure to stand tall and move your arms in a running motion.

9. High Knee Carioca Running Form Drill

https://www.youtube.com/watch?v=PEZ2QekDaZI&feature=emb_logo

Other Warm Up Drills

- Single Leg Alternating High Knee Butt Kicks Running Form Drill

https://www.youtube.com/watch?v=WznKT2aLJnI&feature=emb_logo

- Double Leg Alternating High Knee Butt Kicks Running Form Drill

https://www.youtube.com/watch?v=6oVQoEISMZw&feature=emb_logo

- Clapping A Skips Running Form Drill

https://www.youtube.com/watch?v=LCgw5UfBo9o&feature=emb_logo