

PRACTICE PLAN 7-9

TALKING TIP

Running Uphill: keep your back straight and lean forward slightly without hunching over, pump your arms hard, shorten steps slightly, look part way up the hill and not down at your feet, and run on your toes or the balls of your feet rather than your heels, slow down if you need to

WARM UP

Rock Paper Scissors

Played like the hand game except participants are in teams and act out the actions. Have two teams face each other on two lines. Each team goes into a huddle to choose rock, paper or scissor. They return to face each other and on three, display their choice with their bodies (rock by squatting, paper by reaching to the sky and scissors with arms scissoring). The “winning” team chases the other team to try to tag players before they reach an out-of-bounds like. Those tagged, join the other team. The team with the most members at the end wins.

MAIN ACTIVITY

Hill Workout

Find a hill that is 50-100 meters long, not too steep, but steep enough that participants notice the incline when running up it. The hill should be in a safe location, ideally away from traffic, with footing that is fairly smooth. Participants should avoid running on the road. Participants should do five to eight repeats of running up the hill and walking or jogging back down. Tell them not to sprint but instead run at about a 75 per cent effort. It may not necessarily be faster than the speed they do when jogging. They should finish this workout feeling like they could do a couple more repeats. If not, they’ve probably run too fast or done too many repeats.

COOL DOWN

Stretches:

Quadriceps, calves, hamstrings, hip & glutes, shoulders, arms clasped behind back



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Eating during exercise isn't recommended as you will likely get a stomach ache, especially when doing an activity like running. However, if you know in advance that you'll be active for several hours, like at a track meet or tournament, you'll need to bring healthy snacks that can be eaten in small quantities.

WARM UP

Protect Your Player

Set up four different colour cones (or polyspots) to make a large square. Break participants into four groups of three and dedicate 1 player from each group as protected. Protected players will wear a pinnie and the groups will start together in the centre of the space. There will be 2-4 taggers who each start at one of the cones. On "GO" taggers try to tag the protected player before each team reaches their cone. If you have more than 4 groups just add an additional cone for every group.

MAIN ACTIVITY

Fartleks

Fartleks are short spurts of faster running added to normal runs after warming up and can last from 20-90 seconds. They are not meant to be all-out sprints and should not be so numerous the participant is exhausted after the workout. Their purpose is to add a little challenge and perk up the run.

COOL DOWN

Stretches:

Hands up to the sky, hip flexors, lower back, standing adductor, inner thigh stretch, hamstrings

