

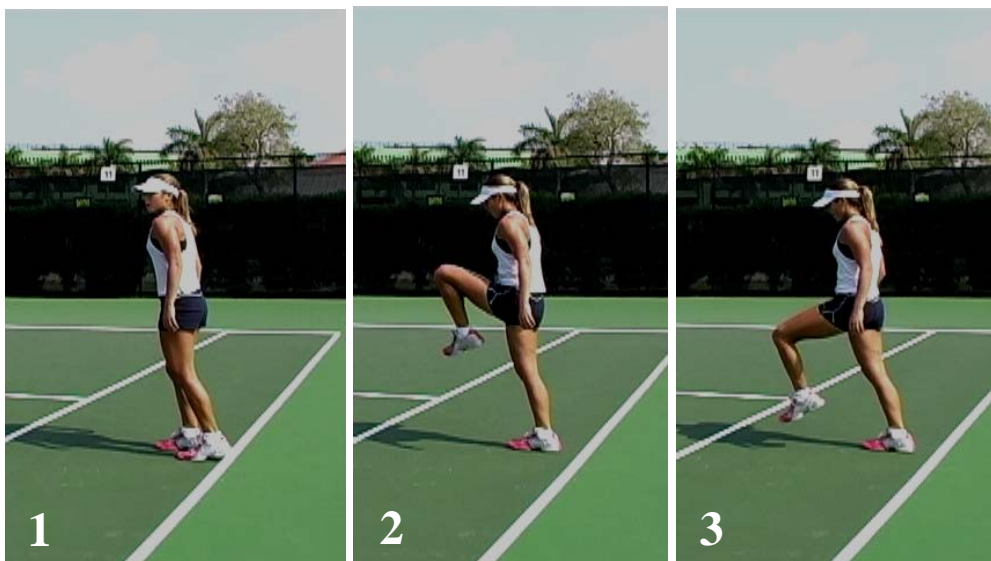
High Knee Marching, No Arms – Run Form Drills

RF-1

Purpose

- Improve running and movement technique

Exercise Technique



| Step | Action |
|-------------------------|--|
| Preparation | Stand on the doubles sideline with the body relaxed and little or no weight on your heels. |
| | Relax the upper body and do not use the arms. |
| Performing the Exercise | Lift the left knee high while bringing your heel towards your butt. |
| | Keep your toes up – imagine you are pulling your toes towards your shin. |
| | Do not twist at the hips or shoulders. |
| | Drive the leg back down towards the ground, taking a small step forward. |
| | Repeat with the other leg. |
| Duration | Continue with this movement as you march across the court two times. |

Important Reminder

Keeping the knee up, heel up, and toe up, decreases the distance from the hip to the foot, allowing for faster turn-over or stride frequency.

High Knee March, with Arms – Run Form Drills

RF-2

Purpose • Improve running and movement technique

Important Hint The arms are very important during sprinting. Many tennis players run with their arms out wide, twisting their bodies, or without using their arms at all.

Exercise Technique



| Step | Action |
|-------------------------|---|
| Preparation | This drill is done like the “High Knee Marching, Without Arms” with the addition of the arm swing. |
| Performing the Exercise | When the arm is next to the side, the elbow should be bent at a right angle. |
| | Rotate the right arm forward as the left knee is brought up and visa versa for the left arm and right knee. |
| | Raise the hand to about shoulder or mouth level. As the arm rotates forward at the shoulder, the angle of the arm may decrease slightly. |
| | As the arm rotates back, the hand should pass the hip. As the arm continues back, the angle of the arm may increase slightly. |
| | This movement, where the elbow goes back and up and the hand passes the hip serves as your accelerator and is often called “throwing down the hammer.” |
| Duration | Continue with this movement pattern as you march across the court two times. |

A - Skips – Run Form Drills

RF-3

Purpose

- Improve running and movement technique

Exercise Technique

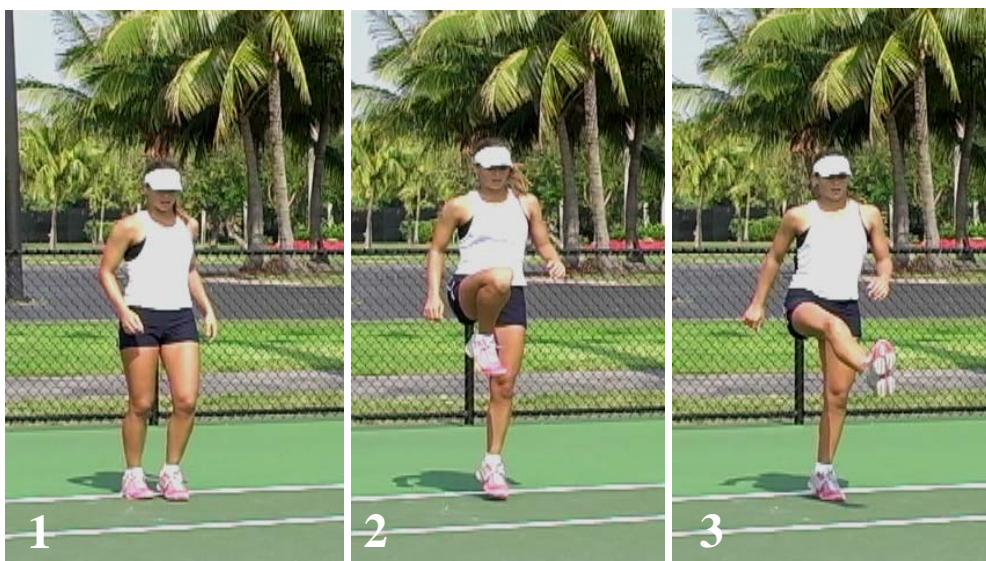


| Step | Action |
|-------------------------|--|
| Preparation | Stand at the doubles sideline looking into the court. |
| | Bend the elbows so they are at 90 degrees when your arms are at your sides. |
| Performing the Exercise | Rotate the right arm forward as the left knee is brought up and visa versa for the left arm and right knee, much like the motion made in “High Knee Marching With Arms.” |
| | A skip, or slight hop, should be performed with each step forward as the opposite knee is raised. |
| | Bring the foot down so it contacts the ground underneath the body. |
| | You should have a slight forward lean when performing this drill. |
| Duration | Continue with this movement pattern as you run across the court two times. |

Purpose

- Improve running and movement technique

Exercise Technique



| Step | Action |
|-------------------------|---|
| Preparation | Stand at the doubles sideline looking into the court. |
| Performing the Exercise | Lift one knee as performed for “Marching, No Arms.” |
| | As the knee is lifted, perform a skip – a slight bounce off the ground. |
| | When the knee reaches its highest point, extend the foreleg forward. |
| | Just after the leg is extended, “paw” the foot down to the ground, so the “ball” of the foot hits the ground directly under the body. |
| | Keep the upper body relaxed and do not use the arms in this drill. |
| | Repeat the process with the opposite leg while moving forward slowly. |
| Duration | Continue with this movement pattern as you run across the court two times. |

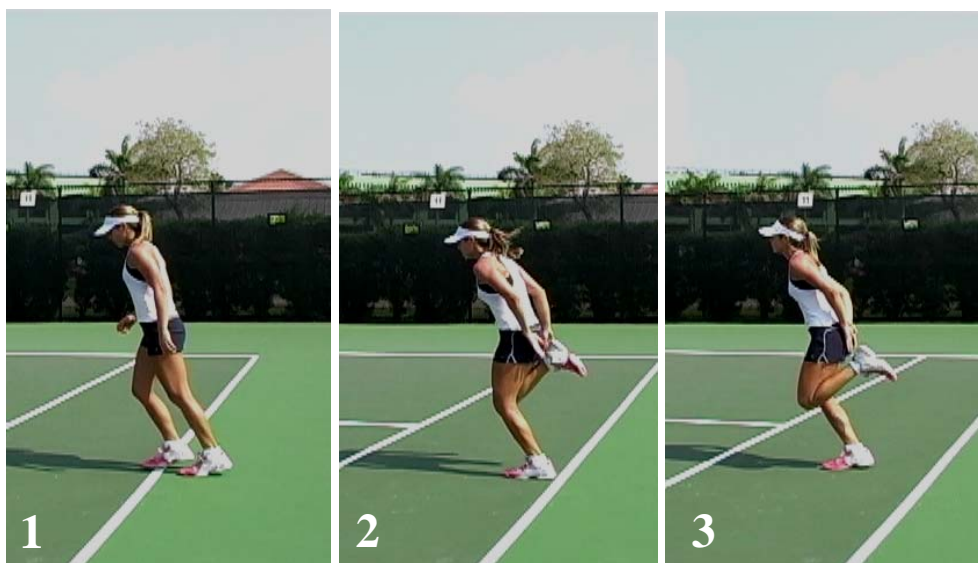
Cues

Think “knee up, foreleg reach, paw the ground” as you do this drill.

Purpose

- Improve running and movement technique

Exercise Technique



| Step | Action |
|-------------------------|---|
| Preparation | Start by standing at the doubles sideline and raise up onto the balls of your feet. |
| | Place your hands on your butt, palms facing outward. |
| Performing the Exercise | Alternately raise the heels to the buttocks, trying to kick your hands, while running slowly forward. |
| | Keep the upper body relaxed and do not use your arms in this drill. |
| | Stay off the heels. |
| | Do not twist at the hips or shoulders. |
| | Keep the knees pointed down. |
| Duration | Perform this drill for two times the width of the court, from doubles sideline to doubles sideline. |

High Knee Running, Without Arms – Run Form Drills **RF-6**

Purpose • Improve running and movement technique

Technique Hint This drill differs from “Marching, No Arms” in that the athlete is closer to running than just marching, similar to a football player running through the tires.

Exercise Technique



| Step | Action |
|-------------------------|---|
| Preparation | Start by standing at the doubles sideline and raise up onto the balls of your feet. |
| Performing the Exercise | Alternate lifting the left and right knees up high while moving forward slowly. |
| | Put the foot down under the body. A cue to avoid “braking” or putting the foot down too far forward is “Keep Your Nose Over Your Toes.” |
| | Lean slightly forward when performing this exercise. |
| | Do not twist at the hips or shoulders or use the arms. |
| Duration | Keep the upper body relaxed. |
| | Perform this drill for two times the width of the court, from doubles sideline to doubles sideline. |

High Knee Running, With Arms – Run Form Drills

RF-7

Purpose • Improve running and movement technique

Technique Hint This drill differs from “High Knee Marching, With Arms” in that the player is closer to running than just marching, similar to running through the tires.

Exercise Technique



| Step | Action |
|-------------------------|---|
| Preparation | This drill is performed like “High Knee Running, Without Arms” but the use of the arms is added. |
| | When the arm is next to the side, the elbow should be bent at a right angle. |
| Performing the Exercise | Rotate the right arm forward as the left knee is brought up and visa versa for the left arm and right knee. |
| | Raise the hand to about shoulder or mouth level - the angle of the arm may decrease slightly. |
| | As the arm rotates back, the hand should pass the hip - the angle of the arm may increase slightly. |
| | This movement serves as your accelerator and is often called “throwing down the hammer.” |
| Duration | Continue with this movement pattern as you run across the court two times. |

Variations • Pump the arms as fast as possible. The athlete should realize that the legs move as fast as the arms pump. The faster the arms are pumped, the faster the legs move.