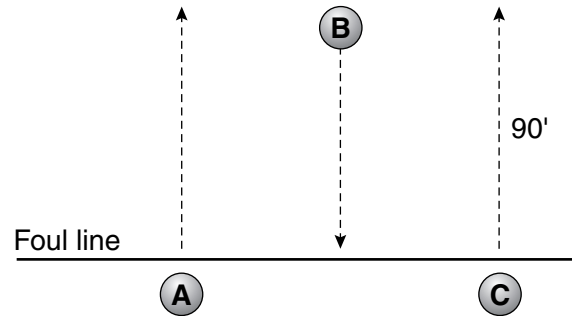


## Drills: Ballet Class



### Goal:

To warm up the players' muscles before stretching and to teach proper synchronous running form

### Description:

Players form three groups in the outfield as shown in the diagram, standing next to one another with enough room between them to run freely. They run in parallel lanes to avoid interfering with other groups. Groups A and C are on the foul line about 20 feet from each other, and group B lines up 30 yards away and between groups A and C. On command, groups execute the running drill identified in each of the stages (described in the following list). Group A runs toward the starting point for group B. When group A passes this point, group B runs to the foul line. When group B reaches the foul line, group C runs to the point where group B began. Running continues in this fashion throughout the stages. Players run each stage once or twice depending on need.

**Stage 1:** Half-speed run (emphasize pumping arms and lifting knees)

**Stage 2:** Half-speed run backward

**Stage 3:** Short, extremely quick steps (runners lift knees high, power arms like pistons and use marching rhythm)

**Stage 4:** High-knee skips (on skipping motion, runners get high off ground, skipping up and out with power)

**Stage 5:** Butt kicks (runners kick heels of shoes into posterior while pumping arms and taking quick, short steps)

**Stage 6:** Cariocas (runners hold arms parallel to shoulders in flex-T position)

**Stage 7:** Sprint

