



- Participants begin running a predetermined square pattern.
- Participants jog three sides and sprint the fourth side.
- They then jog two sides and sprint two sides.
- They then jog one side and sprint three sides.
- They then sprint or race walk all four sides.
- Repeat.

#### Instructional Cues: Skills

- Look forward.
- Heel to toe.
- Long stride.
- Arms and legs in opposition, hip to lip.

#### Instructional Cues: Strategies

- Perfect for speed day.
- Helps participants push their pace.

#### Modification

- Encourage participants to hop, skip, or jump around the playing area.