



Instructions

- Identify a start and finish line
- Have participants line up at the start line.
- Give commands—"On your marks...set...go."
- Participants race a set distance—ten, twenty, thirty, or forty meters.

Have participants vary start positions. Adjust groups to provide meaningful competition by keeping races close and providing appropriate challenge level.

Have participants walk or jog back to the start line, your goal should be that participants can start again as soon as they arrive at the start line.

Sprint Cues

- Knees up
- Toes up,
- Tall body
- Limbs in opposition.
- Bent arms, straight alignment.