**SPEED DEVELOPMENT**

**SIDE SHUFFLE**- upper body relaxed, push through big toe, strengthen ankle joint

**CARIOCA-** knee up, toe up heel to the butt, don’t cross knee, upper body relaxed

**Butt Flicks-** don’t worry about knee, keep foot dorsiflexed

**RUMP KICKS-** start bringing knee up

**STRAIGHT LEG SHUFFLE-** toe up (to the sky), don’t let heel hit the ground

**HIGH KNEE WALK A-** knee up, toe up heel to the butt

**HIGH KNEE WALK B-** rip foot back down

**SKIP HIGH KNEE**-knee up, toe up; rip foot back down

**HIGH KNEE RUN A-** knee up, toe up, heel to the butt

**HIGH KNEE RUN B-** rip foot back down

**SHUFFLE/FASTLEG-CYCLE**- focus on left leg, then on right leg

**WALK ON TOES/HEELS**- strengthens and stretches lower leg. Helps with shin splints.

1. Knee up, toe up (fast)
2. Rip foot back down (fast)