



# FALL-IN SPRINT



## HOW TO DO IT:

- 1 Begin in a standing position, facing forward.
- 2 Lean forward with the whole body, until no longer possible.
- 3 Fall into a sprint, sprint forward 10-20 meters.
- 4 Repeat.

### make it harder:

A partner can provide support by holding onto the athlete's shirt as they lean forward. The partner releases the hold as the athlete sprints.