

CCYO XC Practice Plan Explanation

1. Transition Ritual: very short & simple team handshake meant to help students mentally transition from the rest of their day into and out of practice.

Warmup: 3 steps, each step gets a little harder-Loosening, Dynamic Stretching, Drills.

2. Loosening: rolling out joints in small circles, both directions.

Ankles, Knees, Hips, Shoulders, Neck

3. Dynamic Stretching: stretching muscles while walking

1. Knee to chest: glute stretch
2. Heel to butt: quad stretch
3. Sumos: like defensive stance, groin stretch
4. Frankensteins: straight leg kicks up to opposite hand, hamstring stretch
5. Figure 4's: bend one leg and place that heel on top of the other knee then squat down to try to touch the ground, hip flexor/glutes.
6. Praying Lunge: Slow lunge, hands together, twist upper body towards up knee while lunging.
7. Downward dog: slowly pump heels toward ground, calves.

4. Drills: skips, hops, bounds, runs etc that work on coordination, balance, explosion, agility etc.

1. High Knees
2. Butt kicks
3. Skippy Butt Kicks (skip and try to kick a door down, kick up by the door handle)
4. High Skips (jump as high as possible off of one leg and skip into the next jump off the opposite leg, repeat)
5. Reaching Back Pedal (jogging backwards, lean forwards a little bit and reach with you stride)
6. Carioca (sometimes called grapevine)
7. Bounds/Moon Walkers (bounding for distance but getting a little air too, lead with knee not toe)
8. Skippy Windmills: fast and short skips with feet while arms are making big and slow windmill motion.
9. Straight Leg Bounds
10. Walking Accelerations: walk into a stride gradually build up to 100% speed.

5. Game: any cooperative game or even competitive sport that keeps the kids moving. Purpose is to condition them in a fun way while building team camaraderie. (ultimate, capture the flag, soccer etc)

6. Run: introduce one of the scheduled runs with verbal instructions first and then hit the trails and keep reinforcing/correcting the particular points of emphasis for the specific run being taught/practiced.

7. Coaches Education/Reminders: lecture to the students while they drink water and sit down.

Reemphasize the teaching points for the run of the day and the sportsmanship goal of the day. Also give general reminders like: hydration, shoes, the next upcoming race, one run on their own, next practice etc.