

# COORDINATION



As a footballer, you are (unfortunately) only on the ball for one minute per game on average. How you move during the remaining 89 minutes is therefore of decisive importance for your performance. With the running school, as implemented in the Bayer 04 Leverkusen training centre, you train your coordination skills.



## EXERCISES AND HOW TO DO THEM

The running movement consists of constant flexion and extension of the hip joint. This movement can be divided into two well-known exercises, the correct practice of which is extremely important.

### SET UP

Mark a distance of about ten metres with two cones.



*The running school is all about details that we use to bring our players at the Bayer 04 Leverkusen training centre up to professional level. Concentrate on the features of the movement described here when performing the exercises. The running school is ideal as a warm-up programme for team training.*

Tim Riedel - Athletics trainer, Bayer 04 Leverkusen

## HOW TO DO THE EXERCISE

### 1. Knee lift

Bring your legs alternately into a knee lift. Pay attention to the following characteristics of your movement:

- The angle in the hip joint should be 90° and in the knee joint about 60°
- Tense your foot muscles to land and push off in a stable manner
- Move your arms actively, keep your shoulders relaxed
- Keep your torso in tension

### 2. Drop your heels

Bring your heels as close as possible to your backside with each step. Pay attention to the following characteristics of your movement:

- Your hips should be straight and your abdomen tense
- Tense your foot muscles to land and push off in a stable manner
- Move your arms actively, keep your shoulders relaxed

### 3. Sidesteps

Move sideways forward with side steps. Pay attention to the following characteristics of your movement:

- Bend your knees slightly. A low centre of gravity gives you an advantage in a duel.
- Keep your feet close to the ground. Avoid flying phases so that you can react quickly to your opponent's movements.
- Pay attention to foot and torso tension.



Complete the following variations to train all football-specific movements:

- Alternating sidesteps – rotate your body 180° every two steps so that the other leg is in front in the direction of running. The hips initiate the rotation movement. The upper body follows.
- Rotate backwards – rotate your body 180° every two steps, but perform the rotation over the back shoulder, lifting the knee.
- Sidesteps diagonally forward – perform the sidesteps diagonally forward: two steps to the right, two to the left, etc. The hip initiates the rotation movement. The upper body follows.
- Sidesteps diagonally backwards – perform the sidesteps diagonally backwards: two steps to the right, two to the left, and so on. The hips initiate the rotation movement. The upper body follows.

### 4. Crossing forward

Walk sideways, bringing either the right or left knee diagonally in front of the supporting leg into the knee stroke for the entire distance and at each step. Pay attention to the following features of your movement:

- Bend your knees slightly. A low centre of gravity gives you an advantage in a duel.
- Pay attention to foot and torso tension.

### 5. Cross step

Walk sideways by crossing your legs alternately. Pay attention to the following features of your movement:

- Perform the rotating movement from the hips. Keep your shoulders as stable as possible.
- Bend your knees slightly. This exercise also helps you to follow your opponent during fast movements. A low centre of gravity is an advantage in a duel.

## IMPORTANT

Feel your body! Focus on stability in the knee joint and while practicing concentrate on tension in the foot, ankle and torso.