

CROSSOVER RUN



SPORTS TRAINING

4

COACHING

Cue directions clearly and early. The intensity in this track will come in the way you coach the class to get the most out of the moves.

In the **Skater & Run Combo** tell them to skate **LOW** and **WIDE**, pushing from **side to side**, then pick up their **knees** in the **High Knee Run Turn**.

In the **Shuffles** tell them to pump their arms, vocally drop your voice back before you go big in the **Plvometric Lunges**.

In the **Tap Back & Jump Combo** go for height with knees bent and use the arms to swing up. Then in the **Lunges** stay low and drive up from the floor. There are three blocks of Lunges and the intensity is short and hard.

You need to offer **options** but at the same time still keep driving the **intensity** vocally and physically so everybody can reach their individual max!

SHUFFLE

- Chest up
- Keep weight even between both feet
- Stay lifted through upper body

[illegible]

GEAR 1: Jog recoveries only.

GEAR 2: At the start of the track, then hit Gear 3 quickly into the first Skater combo. Use in Athletic and Power 3-Step Runs, Shuffles Tap Back & Jump Combo and Plyometric Lunge

GEAR 3: Skater Combos all the way to the Plyometric Lunges and Tap Back & Jump Combo.

GEAR 4: Hit Gear 4 in the last block of Plyometric Lunges.

- *Front knee out*
- *Push off front heel*



- **Run** – Powerwalk
- **Circle Run** – See Small Room-Options choreography (over page)
- **Knee Lift** – No bounce, stay grounded

KNOW IT? SHOW IT! What is the option for the Skater?