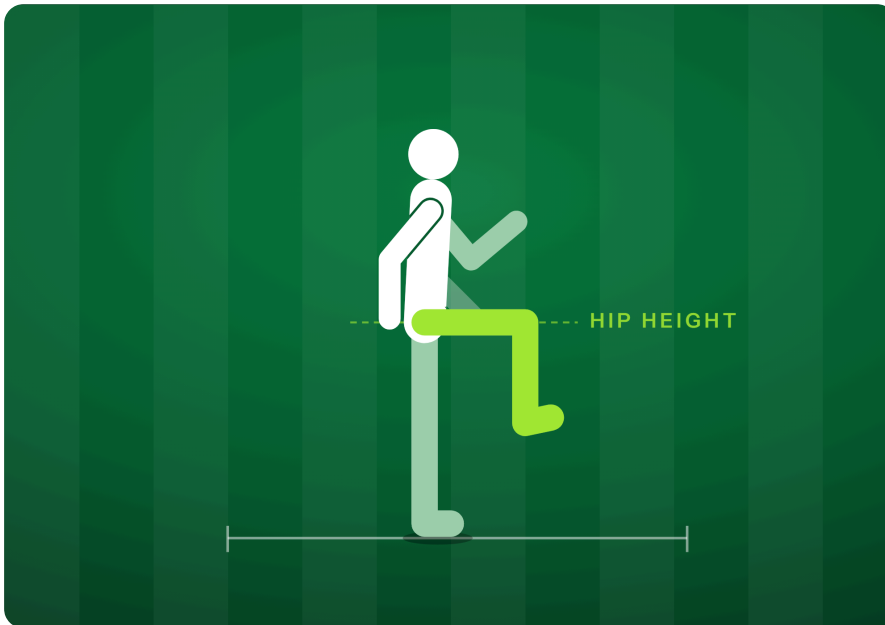




A-march to A-skip

PHYSICAL · WARM-UP RUNNING DRILLS · 1 PLAYER, OR A SQUAD IN A LINE ·
AGE 8+ (A-SKIP FROM 10)



What it trains

Warm-up drills for knee lift, posture and arm-leg rhythm before you sprint. They are not sprint training: in an A-skip the thigh swings up at about two thirds of sprinting speed, with far fewer steps a second (Athletics Australia).

Set up

📏 15 m straight

🌿 Flat grass

🕒 Dose

🔄 2 x 15 m of each drill

🌿 Walk back in between

2 x 15 m of A-march, then 2 x 15 m of A-skip, walking back between (our target: no source sets a dose).

How it works

- 1 Start your warm-up with easy running (the FIFA 11+ Kids or FIFA 11+ running part, or your club warm-up). Do these drills next, before any sprints.
- 2 Pick 15 m of flat, dry grass, with a cone at each end if you have them.
- 3 A-march: walk forward slowly. On each step drive one knee to hip height, toes up, and swing the opposite arm forward. Put the foot down under your hips. 2 x 15 m, walking back between.
- 4 A-skip: the same shape with a small, quick skip off the ground on every step. 2 x 15 m, walking back between.
- 5 The video shows the rhythm on the spot so the whole body stays in view. On the grass, travel forward slowly.

Coaching points

- 1 **Knee to hip height**
Drive the knee up until your thigh is level with your hip, shin straight down and toes pulled up. The opposite arm swings forward, elbow bent.
- 2 **Tall like a lamp post**
Stay tall from head to hips, like a lamp post, and punch each foot down under your hips, not out in front.

✗ **Not this:** Leaning back to get the knee higher. Stay tall, and lift the knee only as high as you can while upright.

➡ HARDER

From 13 (our suggestion): the B-skip. After the knee comes up, reach the foot forward and paw it down under your hips, not in front (Athletics Australia).

➡ EASIER

Under 10, or if the skip gets messy: A-march only, slower, until every step has the same shape. You can also march on the spot.

🛡️ Safety

- Flat, dry grass or a track, never a road or pavement.
- These are warm-up drills, not sprint training: do real sprints separately, fresh and with full rest.
- Under 16: if your knees or heels hurt when you run or skip, stop and tell an adult. Knee and heel pain is common while you are growing, and a GP or physio can help.
- Warm up first. Stop if anything hurts and tell an adult.

📅 Track 12 weeks (tick each session)

W1	W2	W3	W4	W5	W6	W7	W8	W9	W10	W11	W12
☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐	☐



Watch Archie show it

footballreach.com/drills/a-march-to-a-skip

Then take the free test at
footballreach.com

MY NOTES