



Set up

- Warm up first
- An adult watching
- Flat grass
- A line on the ground

Dose

- 2 rounds of 10, 5 each leg
- 2-3x a week, not in a row

5 two-foot landings (our pick), then FIFA 11+ Kids skating jumps: 2 rounds of 10, 5 a leg, each landing held 3 s.

What it trains

Learn to land before you add jump training: land softly on the balls of your feet, hips and knees bent, and hold it still. The one-foot version is the skating jump from FIFA 11+ Kids, FIFA's warm-up for ages 7-13.

How it works

- Warm up first, every time: the FIFA 11+ Kids warm-up (ages 7-13) or FIFA 11+ from 14 (episode 2 shows it), or your club warm-up, with a coach or parent watching.
- Two feet: on flat grass, dip and do a small jump straight up. Land in the same place on the balls of your feet, hips and knees bent, and freeze for 3 seconds. Do 5.
- One foot: stand on one foot beside a line. Jump sideways over it, land on the other foot and freeze for 3 seconds, then jump back. The video is side-on, so the sideways jump looks like a jump on the spot.
- Do 10 jumps (5 landings on each leg), rest, then 10 more. 2-3 times a week, never two days in a row.
- Check the landing knee front-on in a mirror or phone video: it should point where your laces point, never caving inwards.

Coaching points

- Land without a sound**
Let your hips and knees bend as your feet touch: knees over your laces, hips back, chest up. Then let your heels settle.
- Stick it like a statue**
Freeze in the landing for 3 seconds, balanced over your feet, before you stand up or jump again.

× **Not this:** Landing on stiff, straight legs. The landing is loud and jolting, and you cannot freeze in it. Bend your hips and knees as your feet touch instead.

MY NOTES

➤ HARDER

Jump a little further sideways, still sticking every landing for 3 seconds. Add more jumping only when every landing is quiet and still.

➤ EASIER

Step sideways onto one foot and hold it for 3 seconds, with no jump. Or stay with the two-foot version until every landing is quiet.

🛡️ Safety

- Do this with a coach or parent watching. Bodyweight only.
- Flat grass or another soft, non-slip surface with space around you: never a road, or a rug on a smooth floor.
- Keep the number of jumps low: injury risk rises when jump volume is more than you are ready for.
- Under 16: if your knees or heels hurt when you run or jump, stop and tell an adult. Knee and heel pain is common while you are growing, and a GP or physio can help. 16 and over: stop rather than train through pain, and get it checked by a GP or physio.
- 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

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