



Movement, Landing and Growing Bodies

Session A8 • Athletic development • 14–16 players • 60 minutes

0:00 – 0:10 • 10 MIN

The Ladder and the Line

0:10 – 0:25 • 15 MIN

Landing

0:25 – 0:40 • 15 MIN

Stop, Turn, Go

0:40 – 0:55 • 15 MIN

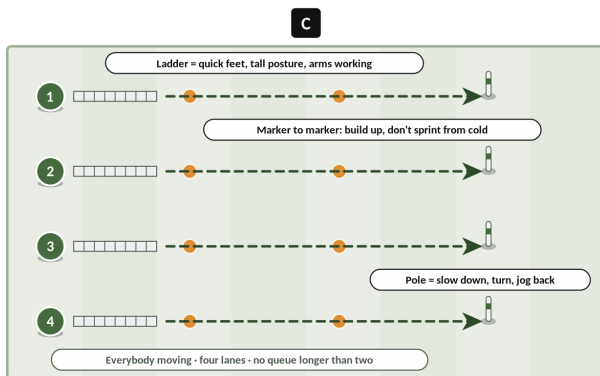
The Movement Match

0:55 – 1:00 • 5 MIN

Questions and homework

A8.1 THE LADDER AND THE LINE

Movement warm-up • 10 min



TALL • RELAXED • LIGHT • THE SAME THREE WORDS ALL SEASON

SET UP

- Four lanes, each with a ladder, two markers 9 m apart, and a pole at the far end.
- Three or four players per lane, so the longest wait is two people.

RULES

- Three or four per lane, no more.
- Nothing above 85 per cent at any point.
- One foot in each square, then two, then sideways.
- Slow into the pole, turn under control, jog back ...

COACH IT

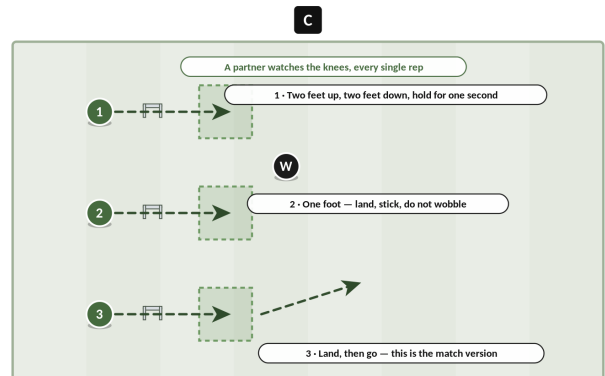
- Technical: Posture — tall through the hips and chest — and arms that drive from the shoulder rather than flapping across the body. These are the ...

SAY

- Tall. Look at the pole, not the ladder.
- Drive them front to back, not side to side.

A8.2 LANDING

Technical practice • 15 min



KNEES OVER TOES • NOT FALLING INWARDS • SOFT, NOT STIFF

SET UP

- Three lanes, each with a low hurdle and a landing square marked with four flats about 1.5 m across.
- Pairs — one jumps, one watches. The watcher has a real job, which is looking at the jumper's knees.

RULES

- **Hurdles stay low. Ankle to shin. Not negotiable.**
- Five or six reps, then swap. Quality, not volume.
- Hold every landing for a full second in lanes 1 and 2.

COACH IT

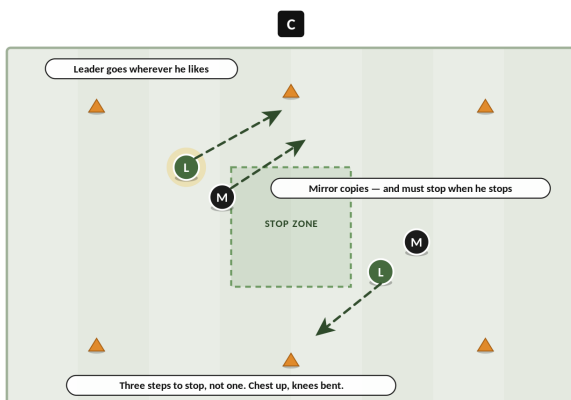
- Technical: Knees over toes, not falling inwards. Soft, not stiff. Chest up, not folded forward. Those three cues are the entire technical content ...

SAY

- The single most important thing in this session. Stop, show, repeat.

A8.3 STOP, TURN, GO

Skill game • 15 min



ANYBODY CAN RUN FAST • THE SKILL IS STOPPING

SET UP

- 38 × 24 m with a stop zone marked in the middle, 8 × 8 m.
- Six markers spread round the outside as reference points.

RULES

- Mirror stays within about 2 m of the leader.
- Anybody in the stop zone must come to a full stop before leaving it.
- Three steps to stop, not one. Chest up, knees bent.

COACH IT

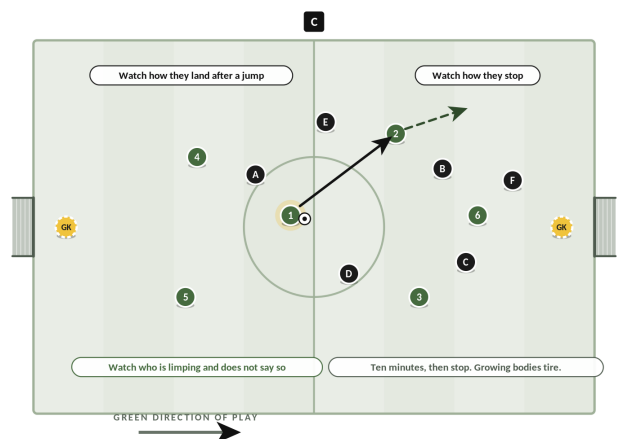
- Technical: Deceleration: short choppy steps, hips low, chest up. Stopping dead on one leg with a straight knee is exactly what we are training out.

SAY

- The thing to fix. Three steps. Bend.
- Chest up when you stop.

A8.4 THE MOVEMENT MATCH

Conditioned match • 15 min



SET UP

- 48 × 32 m, 6 v 6 plus goalkeepers, goals at each end.
- No movement conditions. None. This is a football match.

RULES

- Normal match, normal rules.
- No movement conditions.
- Rolling substitutions.
- Ten minutes of football, then stop, whatever the ...

COACH IT

- Technical: Whatever you have been working on. This is not a movement drill.
- Tactical: As normal, if at all.

SAY

- The whole point. Do they hold up?
- Same question.