

Basic drill that helps develop lower-leg strength, encourages knee lift and promotes an efficient foot strike. A-skips are typically done as part of a warm-up routine before a race or speed workout to get the key muscles firing for faster running.



INSTRUCTIONS & CUES

- Skip forward while lifting the knee to waist height and flex the foot upward (ankle dorsiflexed). Keep back leg straight during toe-off.
- Continue moving forward, alternating legs.
- Strike ground with mid-foot or forefoot underneath the body.
- Swing arms opposite from the legs.
- Align head with spine and look straight ahead.
- Keep shoulders on top of hips.
- Keep pelvis in neutral position.
- When doing this drill for the first time, walk through it to get the motion down and gradually progress to skipping.

Differentiation Strategies:

Progression:

- Gradually extend activity duration, staying under 30 meters per effort.

Regression:

- Perform stationary.
- Regress to [Mini-Skip](#).

UDL Strategies:

- Be mindful of participants with physical and/or neuromotor disabilities who may have limited range of motion and difficulties maintaining balance. The emphasis on this activity for all participants should be on effort and not perfection.
- For participants with balance difficulties, give them the option of skipping in place near a wall, or performing the B Skips while offering your elbow for support.
- Give participants the option to perform traditional skipping.
- Give participants the option to perform A Skips at a walking pace. Participants should mirror the motions of an A Skip, but at a walking pace.
- Be mindful of participants who use wheelchairs/mobility devices. Offer all participants the option

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to complete an upper body warm- up instead of A Skips. For example, participants using wheelchairs may perform fast starts, or arm swings.