

The next training development phase is the **high knee skipping exercise (SKIP A)**. In this skipping form, faster rhythm is emphasized. The skip is very low to the ground. The motion of the head, arms and body is the same as that of marching. Arm work is a good forward and backward motion. The knee is lifted very high with complete rear leg extension (SKIP B). High knee skipping with leg extension is similar to marching with extension and with an active "leg down" action.

All exercises involving leg extension and active down action strengthen hamstrings. As improvement takes place, all of the above exercises might be executed faster.

The marching and skipping exercises above were designed to develop the technique required for body lean, arm action, high knee lift, leg extension, and keeping the center of gravity high. However, they do not emphasize the next most important factor i.e. a strong driving or "push forward" action.

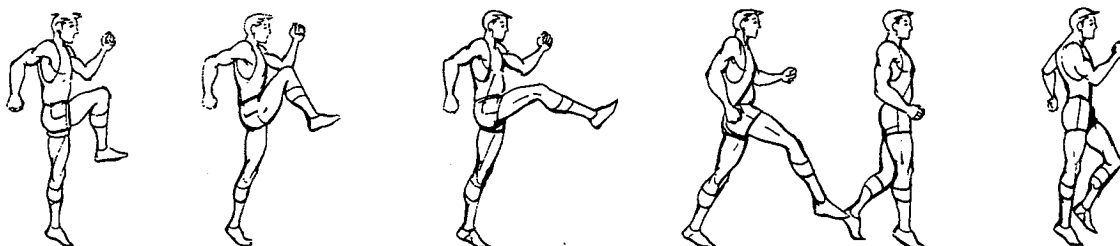
The next exercise is the **long skip A and B** in which the emphasis is on all three techniques mentioned earlier, but also involves an emphasis on the strong "push forward" action.

The rear leg in the long skipping exercise is completely extended in the forward movement. There should be no arm and shoulder rotation.

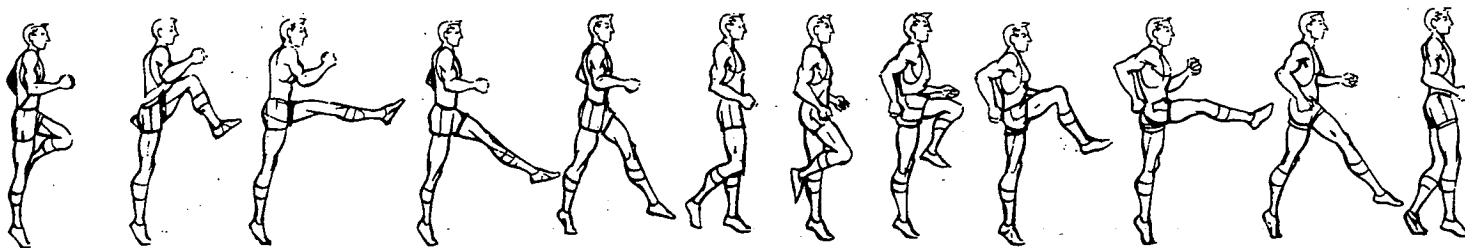
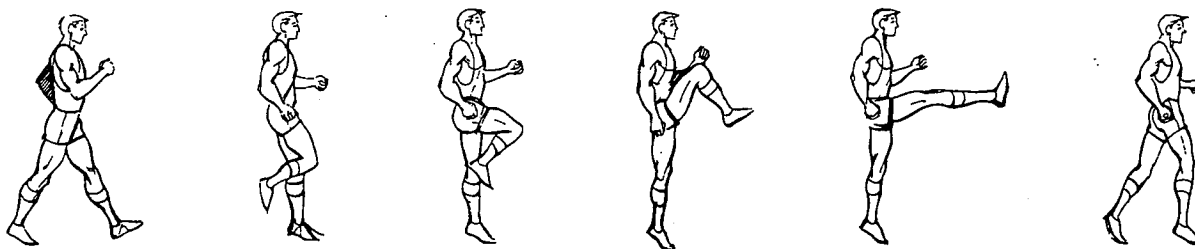
Once the athlete has mastered (with good balance) body lean, arm action, high knee lift, leg extension, and a relatively high centre of gravity (through more work on toes), the athlete is ready to push straight forward into **bounding exercises** requiring more leg strength. The slower the execution of the drill, the more strength is required.

Differences between sprinters and jumpers are in the arm technique, and in the staying on the balls of the feet (not on the heels). The arm motion is slower, with an obtuse angle (exceeding 90°). The bounding action is forward; not upward. The heel of the pushing leg is kept low while the knee comes through high. A more forward leaning position is required. The ideal technique is close to the ideal running technique. The difference is in the frequency rhythm.

The next development step is the technique exercise done in speed form.



High knee skipping form with one leg extension



High knee skipping form with both leg extension