

PRINTABLE TRAINING GUIDE

BOXING FOOTWORK DRILLS

A practical guide to balance, movement, angles and ring control. Eight illustrated drills with overhead foot diagrams, a twenty minute session, and a progress tracker. Use them on their own or add them to a boxing warm up.

8 ILLUSTRATED DRILLS	20 min SESSION	3 LEVELS
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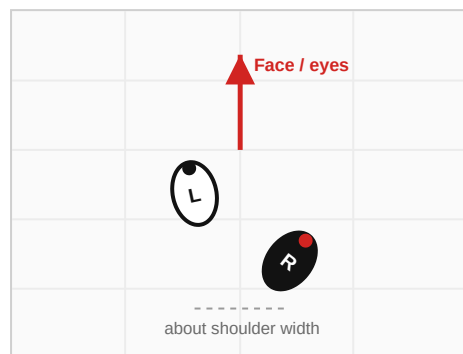
HOW TO READ THE DIAGRAMS

Every drill has an overhead diagram, as if looking straight down at the feet on the floor. The same symbols appear throughout. Learn them once here.

	Lead foot. Front foot. The dot marks the toe and the way it points.		Rear foot. Back foot. Drives the movement and the power.
	Finish position. Dashed outline shows where a foot lands after the step.		Movement. Red arrow shows the direction each foot travels.
	Pivot. Curved red arrow shows a turn on the ball of one foot.		Opponent. The red cross marks where an imagined opponent stands.

Diagrams show an orthodox stance, so the left foot leads. Southpaws simply mirror every diagram left to right.

THE STARTING STANCE



The whole guide builds from one position. Lead foot forward and turned out slightly. Rear foot back and angled near forty five degrees. Feet about shoulder width, never in a straight line and never crossed.

Weight	Balanced between both legs, knees soft.
Hands	In the guard, elbows close to protect the body.
Eyes	Look ahead, not down at the feet.

Core rule. Stay balanced. Good footwork keeps the stance usable, the hands ready and the body in position to defend or punch. Move to reach a useful spot, not just to move fast.

FOUR RULES AND A SETUP

Footwork is not about moving as fast as possible. It is about reaching a useful position while keeping balance, stance and defensive readiness. Start slowly enough to notice where each foot lands.

THE FOUR RULES

RULE	WHAT TO PRACTISE
Keep your stance	Keep the feet roughly under the hips and avoid narrowing them into a tight line.
Move the nearest foot first	Moving forward, step with the lead foot first. Moving back, move the rear foot first. The other foot follows.
Avoid crossing	Do not let one foot pass across the other during basic stance movement.
Stay light, not jumpy	Use small, quiet steps. Keep the knees soft and the head level rather than bouncing.

SET UP YOUR SPACE

Use a clear, non slip floor with room to take two or three steps in every direction. A strip of floor tape can mark a centre line and two side lines. Train in boxing shoes or suitable trainers, and keep the area free of bags, weights and loose equipment.

STARTING STANCE CHECK

CHECK	CUE
Feet	Lead foot forward, rear foot turned out slightly, stance comfortable rather than stretched.
Weight	Balanced between both legs, with knees relaxed.
Hands	Held in the guard, elbows close enough to protect the body.
Eyes	Look ahead and avoid staring down at the feet.

Practice tip. Film one short round from the front and the side. Check whether the feet cross, the stance becomes too narrow, or the head rises and falls sharply.

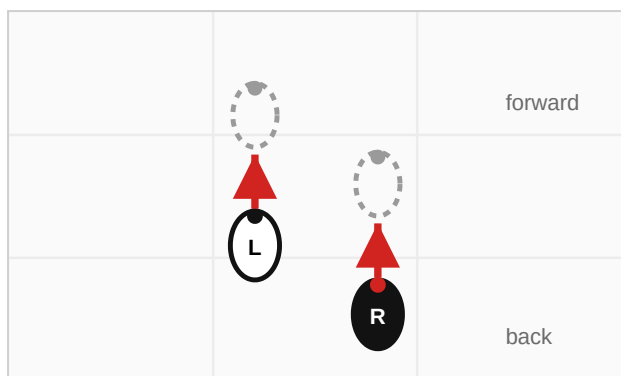
THE DRILLS

EIGHT FOOTWORK DRILLS

Work for 30 to 45 seconds per drill, then rest for 15 to 30 seconds. Complete two rounds at first. Keep the movement smooth before adding speed. Each diagram shows the feet from above and the path they travel.

Drill 01

STEP FORWARD AND BACK

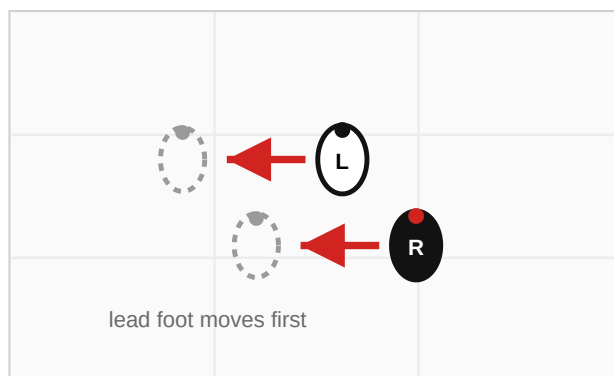


From stance, take a short step forward with the lead foot and bring the rear foot after it. Reverse the order to move back.

Focus: keep the stance width the same throughout.

Drill 02

SIDE STEPS

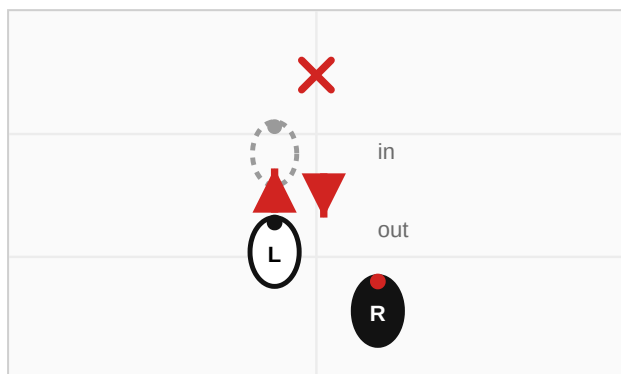


Step to the lead side with the nearest foot, then bring the other foot across without letting them touch or cross. Repeat to the rear side.

Focus: move sideways without turning square.

Drill 03

IN AND OUT

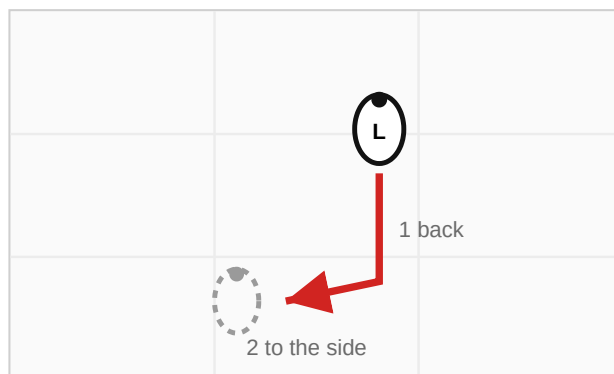


Take one short step forward, reset the stance, then step back to the starting point. Keep the guard up throughout.

Focus: distance control toward and away from a target.

Drill 04

L-STEP



Step back, then step to the side to leave the line, then reset facing forward. Start with a small angle and build it slowly.

Focus: exit the line without crossing the feet.

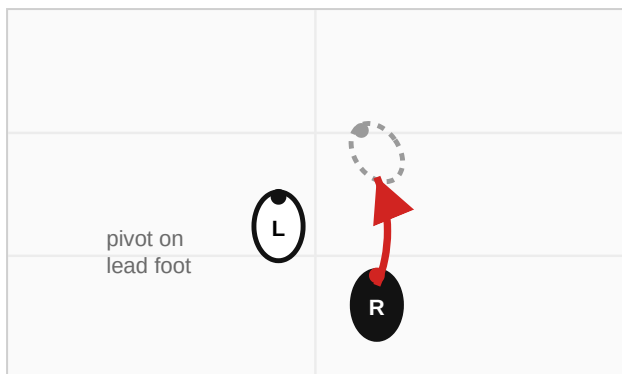
THE DRILLS

ANGLES, PUNCHES AND RING CONTROL

The second four drills add turning, a punch and movement around an opponent. Keep every step small and finish each one balanced and ready.

Drill 05

PIVOT ON THE LEAD SIDE

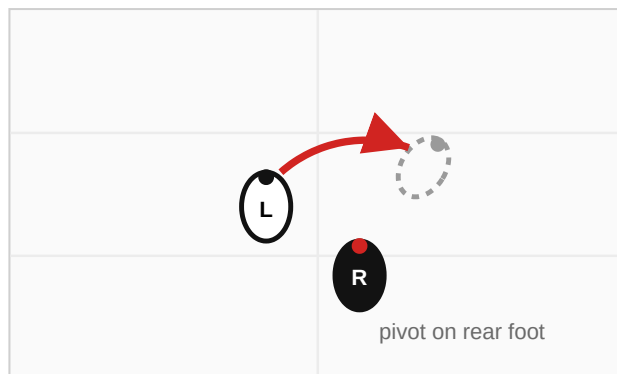


Turn on the ball of the lead foot to change the angle, letting the rear foot swing round. Keep the turn small and finish balanced.

Focus: turn the hips and feet together.

Drill 06

PIVOT ON THE REAR SIDE

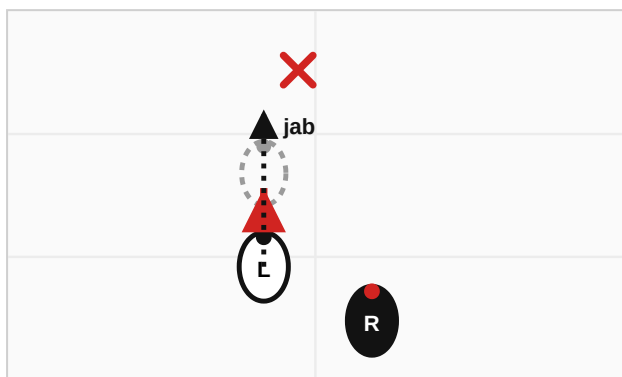


Practise the same controlled angle change in the other direction, turning on the rear foot and using a comfortable range.

Focus: stay ready and guarded after the turn.

Drill 07

STEP AND JAB

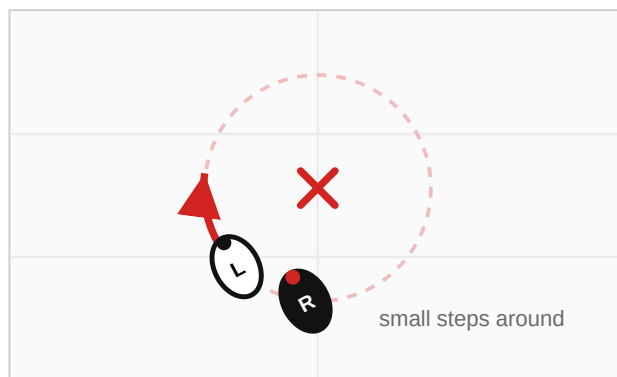


Take a small forward step as the jab extends, then recover the hand and the stance. The step and the punch land together.

Focus: coordinate the feet and the hands.

Drill 08

CIRCLE AND RESET



Move around an imagined opponent in short steps. Change direction every few steps and return to stance after each change.

Focus: avoid drifting into a crossed stance.

Quality beats speed. If a drill makes the feet tangle or the guard drop, slow down, shorten the steps and rebuild the pattern.

PUT IT TOGETHER

20 MINUTE FOOTWORK SESSION

This session suits beginners and boxers returning to the basics. It can be done in a small training space without a partner or equipment.

TIME	TASK	INSTRUCTIONS
0:00 to 3:00	Warm up	Easy skipping or marching, shoulder circles, ankle rolls and gentle side steps.
3:00 to 7:00	Linear movement	Alternate forward and backward steps with side steps. Work in short, controlled bursts.
7:00 to 11:00	Distance	Repeat the in and out drill. Add a single jab only when the feet stay balanced.
11:00 to 15:00	Angles	Practise both pivots and the L-step. Pause after each movement to check the stance.
15:00 to 18:00	Circle and reset	Move around an imagined opponent, changing direction every three or four steps.
18:00 to 20:00	Review	Repeat the drill that felt least controlled, then finish with relaxed movement.

HOW TO PROGRESS

STAGE	PROGRESSION	MOVE ON WHEN
Beginner	30 seconds work, 30 seconds rest, two rounds.	The stance and guard hold throughout.
Intermediate	40 seconds work, 20 seconds rest, two or three rounds.	Direction changes stay controlled without looking down.
Advanced	Use a timer or partner call outs to change direction, then add light punches.	Reactions come without rushing or losing balance.

Keep the aim specific. Do not add speed, punches and unpredictable direction changes all at once. Increase one challenge at a time.

FOOTWORK PROGRESS TRACKER

Record a few details after each session. The aim is cleaner movement and better control, not simply completing more rounds.

SESSION	DRILLS COMPLETED	BALANCE / STANCE (1 TO 5)	BEST IMPROVEMENT	NEXT FOCUS
1				
2				
3				
4				
5				
6				
7				
8				

COMMON MISTAKES AND FIXES

MISTAKE	TRY THIS
Feet cross or come too close	Make each step smaller and pause to reset the stance.
Head bobs up and down	Relax the knees and reduce the height of each step.
Hands drop while moving	Slow the drill and practise with the guard held in place.
Turning too far on a pivot	Use a smaller angle and check that the feet and hips finish together.
Moving quickly but feeling off balance	Return to a slower pace and finish every step in a stable stance.

SAFETY NOTES

Warm up before training and use a clear, non slip surface. Stop if you feel sharp pain, dizziness or unusual symptoms. If you are new to boxing, ask a qualified coach to check the stance and movement before adding hard punching or sparring. This guide is general training information, not individual coaching or medical advice.

Next step. Repeat the session two or three times per week. Keep the drills that expose a weakness in the routine until they feel controlled.