

How to walk in “walking” football



With measured pace and careful
touch,
We pass and move, and enjoy so
much.
Amidst the cheers and friendly
banter,
We stroll the field, no rush, no
canter.

The dictionary describes walking as:
“an act of moving at a slower pace
on foot, involving a series of steps
where one foot moves forward
followed by the other, typically with
one foot in contact with the ground
at all times. If both feet leave the
ground at any time - it’s running.”

So it appears that the law about
walking is very straight forward -
“ensure at least one foot is on the
ground as you move forward.”

Despite this rather clear definition
the arguments about “not walking”
abound. Play or spectate at almost
every walking football session and
you will inevitably hear the
complaints about “that’s running” or
“that’s not walking”.

So is there a clear viewable example
we can use as a “walking” template
or is there a strict “walking” code of
conduct that, when applied, ensures
that a player is always walking and
not running?

A. Walk fast like Johann Vergara?

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OR

B. Follow these 2 simple rules:

1. Lean slightly backwards from the
perpendicular as you move forward
2. At the same time as leaning back
and moving forward, swing your
bent arms and hips in opposite
directions. When you hear people
giggling you know you got it right.

As a New Age concept, “walking” is
described as someone whose
original soul has departed their body
and has been replaced with a new,
different, soul.