



REL Marching technique Overview handout

2023 Marching season

Marching band is all about uniformity. All members must understand how to accomplish every step, every move throughout the entire show. This handout will help you get started in understanding how to accomplish a proper marching technique.

We call our technique “glide step”...When performed correctly you will look as if you are “gliding” across the field. The result is a uniform, clean look, which allows you to play better by lessening the impact in your upper body so you can perform better musically.

Initiating a step

All count offs in marching band 8 count long, either verbally, metronome, drum tap, or visually with the drum majors hands.

Put pressure on your right foot on 8 and pull your left leg forward lifting your toes as high as you can using your calve muscles. By tightening your abs and buttock muscles you will create “lift” and separation between the two halves of your body, allowing you to perform the steps better and clearer.

Touch the ground with the backmost part of your heel then roll through the rest of your foot to the toes.



Below is an example of what you should look like...



Toes are way up as high as possible.

Core muscles are firm

Knees are straight

Head is parallel to the ground

Eyes are forward, not down

Shoulders are down (and slightly back)

Have friends take pictures of you when you practice to see how you compare with these examples

