

LADDER DRILLS

Complete ladder drills down and back twice for each drill. Face the direction you are moving unless otherwise specified. Always step with the left leg first when moving to the left and vice-versa for the right.

Quick Feet:

- Two feet forwards (moving forwards)
- Two feet sideways (moving to the side; face the same direction down and back)
- Two feet in, two feet out (moving to the side; face the same direction down and back)
- Two feet in, two feet out (facing forwards; start both feet out and step in with one at a time; repeat)

Jumps:

- Alternating foot in-foot out jumps (one foot in box, other foot out of box. Jump forward to the next box switching which foot is in and which one is out; repeat)
- Scissor jumps
- Double leg bunny hops -> 2 jumps forwards, 1 jump back
- Single leg standard forward hops
- Single leg side hops (face the same direction and use the same leg for both directions)
- Single leg zig-zag hops facing forwards
- Single leg 2 jumps forwards, 1 jump backwards