



SPEED LADDER DRILLS

For all drills:

- Land on the balls of your feet
 - Chin and chest up
 - Good, tall posture
1. **Double Leg Hopscotch** – jump with each leg outside of the box then put both feet in the box. Land on the balls of your feet.
 2. **Forward Double Leg Slalom** – one foot in while one foot is out. Switch feet each box.
 3. **Forward Half Step** – two feet in each box. Ground contact with both feet in each box. Make sure toe is dorsiflexed. Lead with right or left foot then switch on next series.
 4. **Forward Quick Step** – one foot in each box.
 5. **Lateral Quick Step** – go sideways putting two feet in each box. Lead with one foot and quickly follow with the other. Once both feet are in the box quickly move lead foot to next box then follow with trail foot. Switch lead feet on next rep.
 6. **Lateral Shuffle Step** – same as Lateral Quick Step, only skip a square. Switch lead feet on next rep.
 7. **Lateral Switch Step** – Laterally along side of ladder. One in one out. Foot that was out come in. Go in each box. Switch feet in each box while you move laterally along the ladder.
 8. **Icky Shuffle** –
 9. **Forward Speed Skater** –
 10. **Forward Double Leg Snake** -