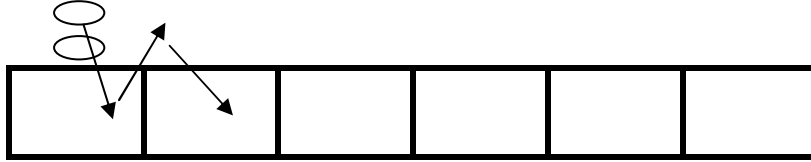


SPEED LADDER DRILLS

Perform all drills as fast as possible in an athletic position (knees bent and on the balls of your feet)

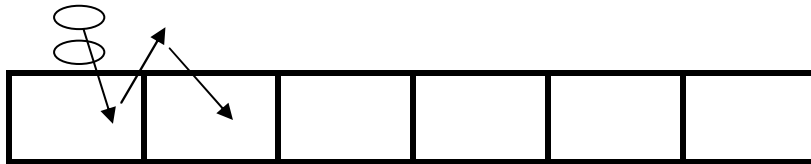
DOUBLE LEG LATERAL HOPS - FORWARD

FACING
→



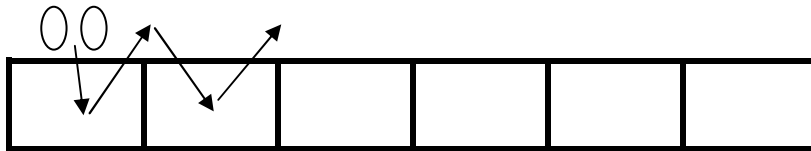
DOUBLE LEG LATERAL HOPS - BACKWARD

FACING
←



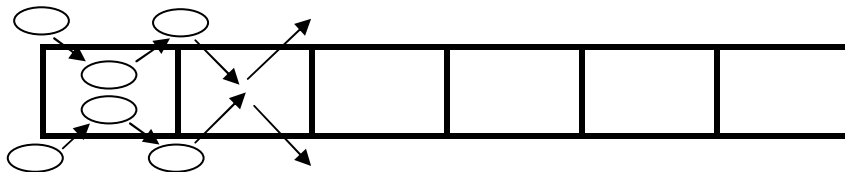
DOUBLE LEG FRONT/BACK HOPS

FACING
↓



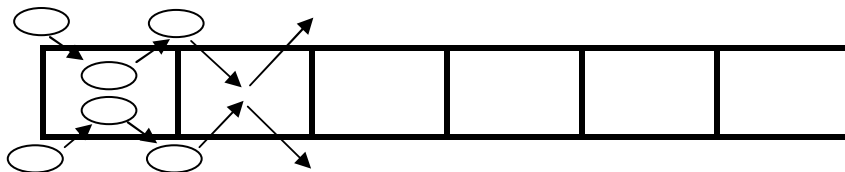
HOP SCOTCH - FORWARD

FACING
→



HOP SCOTCH - BACKWARD

FACING
←

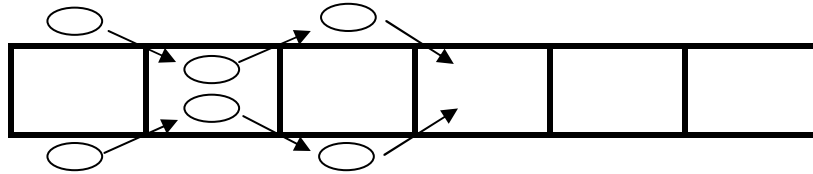


SPEED LADDER DRILLS

Perform all drills as fast as possible in an athletic position (knees bent and on the balls of your feet)

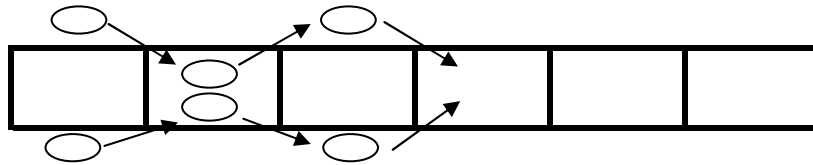
HOP SCOTCH - FORWARD SKIP A HOLE

FACING
→



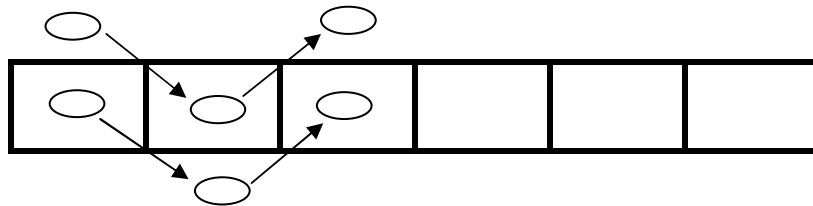
HOP SCOTCH - BACKWARD SKIP A HOLE

FACING
←



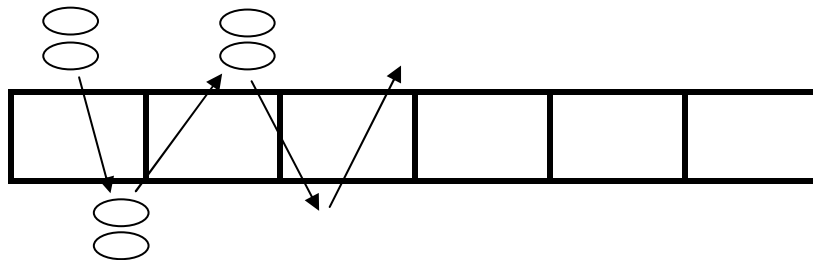
DOUBLE LEG SKI HOPS

FACING
→



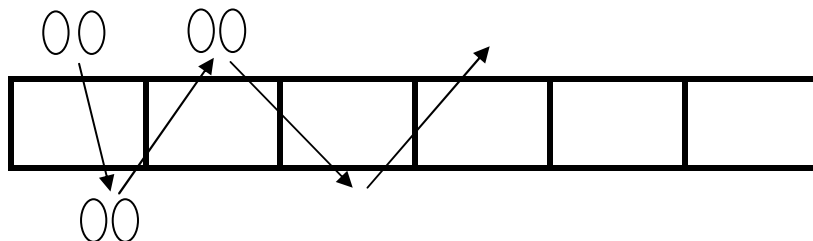
DOUBLE LEG LATERAL HOP OVERS

FACING
→



DOUBLE LEG FRONT/BACK HOP OVERS

FACING
↓

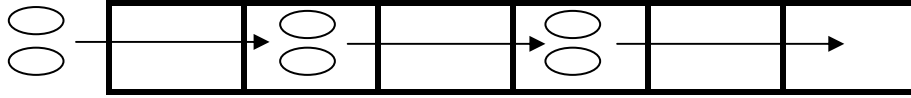


SPEED LADDER DRILLS

Perform all drills as fast as possible in an athletic position (knees bent and on the balls of your feet)

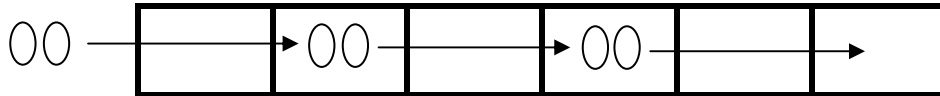
FORWARD HOP THROUGH - SKIP A HOLE

FACING



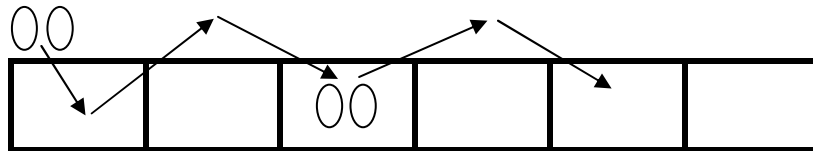
LATERAL HOP THROUGH - SKIP A HOLE

FACING



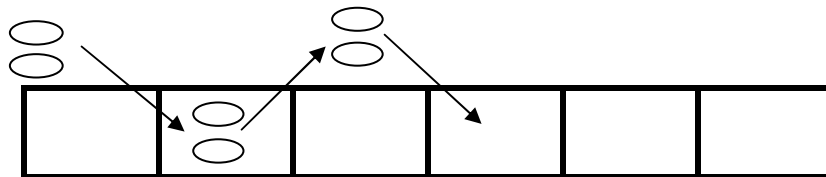
FRONT/BACK HOPS - SKIP A HOLE

FACING



LATERAL HOPS - SKIP A HOLE

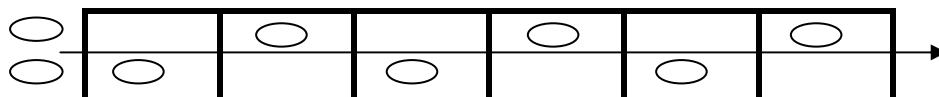
FACING



HIGH KNEES - 1 FOOT PER HOLE

*Perform a high knee drill with one foot landing in each square - as fast as possible

FACING



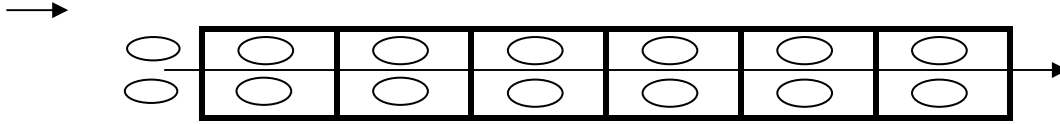
SPEED LADDER DRILLS

Perform all drills as fast as possible in an athletic position (knees bent and on the balls of your feet)

HIGH KNEES - 2 FEET PER HOLE

*Perform a high knee drill with *BOTH* feet landing in each square - as fast as possible

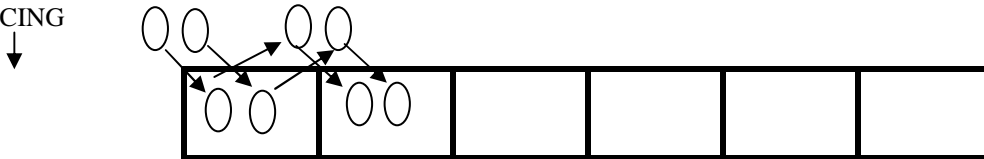
FACING



STEP IN / STEP OUT

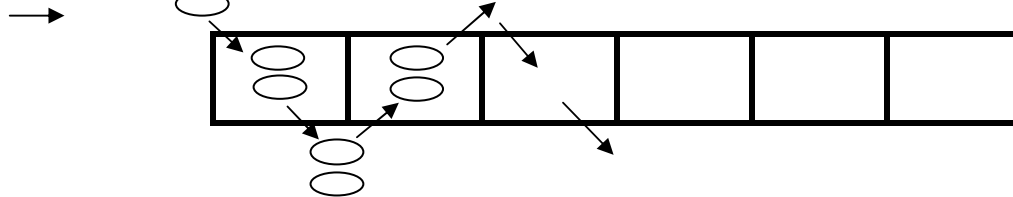
*Step in and out of each hole with both feet as fast as possible

FACING



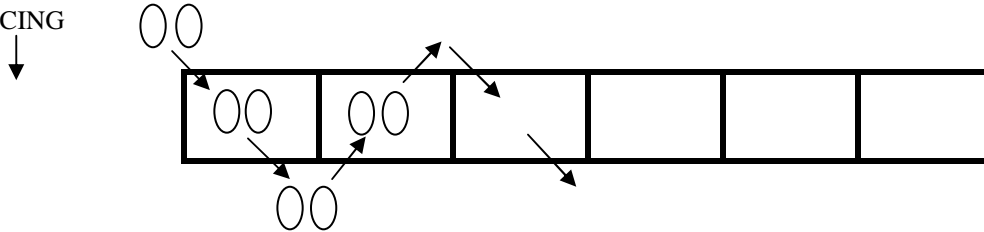
DOUBLE LEG LATERAL CROSSOVERS

FACING



DOUBLE LEG FRONT/BACK CROSSOVERS

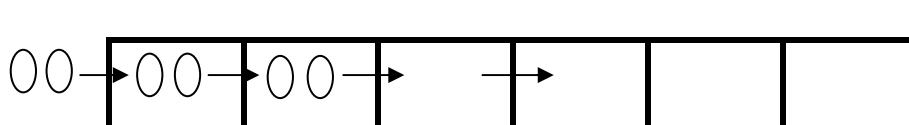
FACING



LATERAL HIGH KNEES - 2 FEET PER HOLE

*Perform a high knee drill moving laterally down the ladder w/ *BOTH* feet landing in each square

FACING

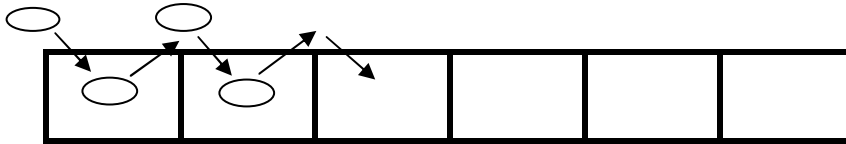


SINGLE LEG SPEED LADDER DRILLS

(Perform all single-leg drills with each leg as fast as possible)

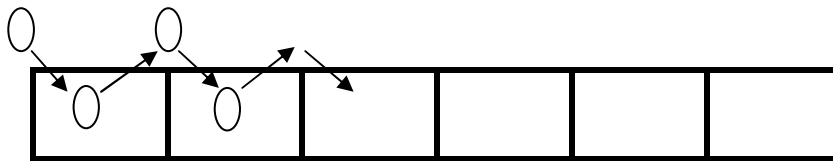
SINGLE LEG LATERAL HOPS

FACING
→



SINGLE LEG FRONT/BACK HOPS

FACING
↓



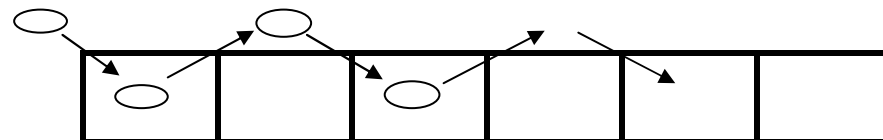
SINGLE LEG FORWARD HOPS - EVERY HOLE

FACING
→



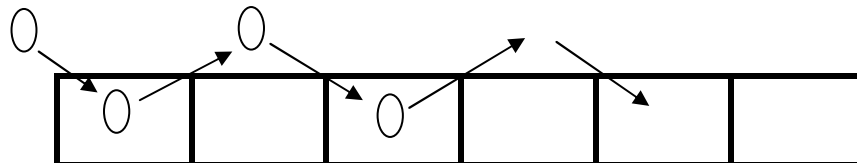
SINGLE LEG LATERAL HOPS - SKIP A HOLE

FACING
→



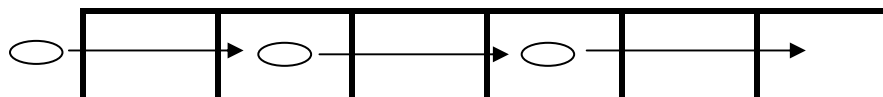
SINGLE LEG FRONT/BACK HOPS - SKIP A HOLE

FACING
↓



SINGLE LEG FORWARD HOPS - SKIP A HOLE

FACING
→

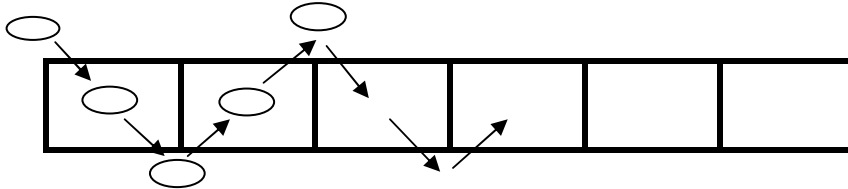


SINGLE LEG SPEED LADDER DRILLS

(Perform all single-leg drills with each leg as fast as possible)

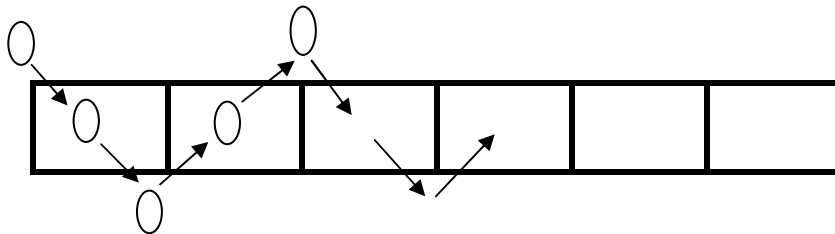
SINGLE LEG LATERAL CROSSOVERS

FACING
→



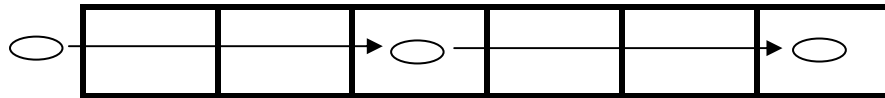
SINGLE LEG FRONT/BACK CROSSOVERS

FACING
↓



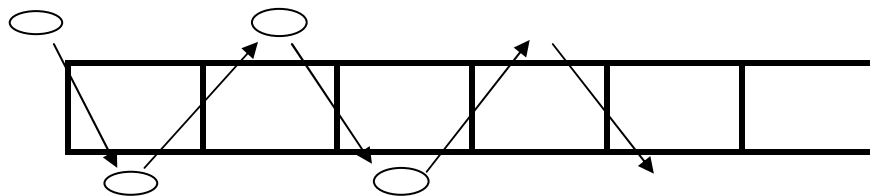
SINGLE LEG FORWARD HOPS - EVERY 3RD HOLE

FACING
→



SINGLE LEG LATERAL HOP OVERS

FACING
→



SINGLE LEG FRONT/BACK HOP OVERS

FACING
↓

