

Key points about ladder drills

- 1) The key is to use perfect form not speed.
 - a) Never touch the ladder with your foot
- 2) Push off from the balls of your feet (not the toes)
- 3) Keep your elbows at 90 degrees at all times
- 4) Pump your hands from shoulder height to hips (men) and from chest height to hips (women)
- 5) Keep your arms, shoulders and hands relaxed
- 6) Try to keep your head still as much as possible
- 7) Explode out of the ladder
 - a) Breakdown at cones or sprint

Warmup #1

Drill 1: Forward-2 feet in each box-Right foot first

Drill 2: Forward-2 feet in each box-Left foot first

Drill 3: Forward-1 foot in each box-Right foot first

Drill 4: Forward-1 foot in each box-Left foot first

Drill 5: Sideways-2 feet in each box-Right foot first

Drill 6: Sideways-2 feet in each box-Left foot first

Drill 7: Forward-2 feet in; 2 feet out-Right foot first

Drill 8: Forward-2 feet in; 2 feet out-Left foot first

Warmup #2

Drill 1: Warm up - One foot in each rung, twice through

Drill 2: Warm up - Butt kicks, one in each rung, twice through

Drill 3: High Knees – one foot in each rung, twice through (Arms must be pumping)

Drill 4: High Knees – two feet in each rung, twice through (Arms must be pumping)

Drill 5: Salom (Side to side agility), one foot in each rung, twice through

Drill 6: Salom (Side to side agility), two feet in each rung, twice through

Drill 7: Rapid Fire (Face the side of the ladder) both feet in each rung, DON'T cross feet, twice through

Drill 8: Two step (2 in, 2 out) Face forward to the right of the ladder. Both feet go into the ladder, starting with the left foot. Both feet come out of the ladder (do not cross over), both feet go back into the ladder, starting with the right. Repeat. Twice through

Additional

- 5 hops followed by 1 in each
- River Dance – right in box, left cross behind, right out. Left in box, right behind, left out repeat
- Hop Scotch – Alternate two feet, one foot and switch legs, twice through
- In-Out Drill - See sheet
- Tango Drill- See sheet
- Karaoke
- One foot hop – first left foot, twice through
- Two foot hop – hop once in each rung or twice, twice through
- Ikky Shuffle – (forward and backward)
- Ozzy Shuffle – (forward and backward)
- Ski jumps – 1 foot in and 1 foot out, moving side to side alternating at each rung
- Crossover Shuffle – 1 in (turn hips), 2 out, 1 in (turn hips) start on right side. Right foot in (turn hips do not cross leg), left foot over, right foot over. Then left foot in (turn hips). Right foot over, left foot over. Repeat
- Two feet in two feet out, down 1 side only. In then out. Repeat