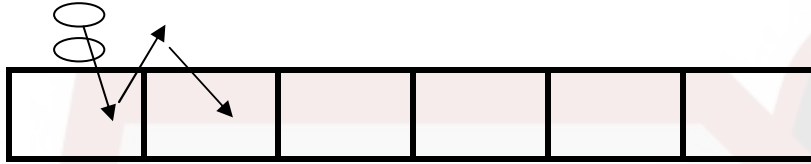


# SPEED LADDER DRILLS

*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



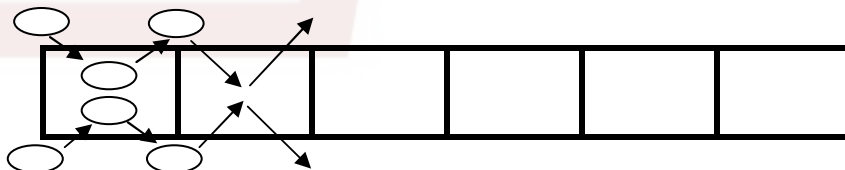
## HOP SCOTCH - FORWARD

FACING



## HOP SCOTCH - BACKWARD

FACING

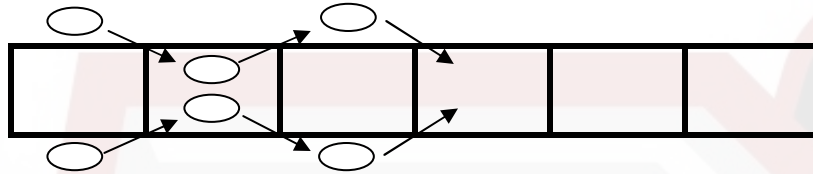


# SPEED LADDER DRILLS

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

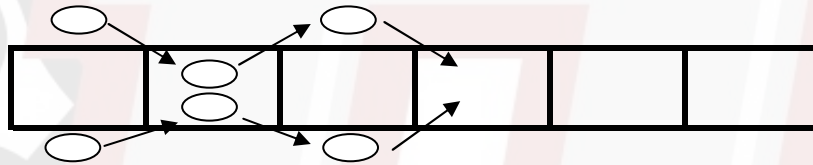
## HOP SCOTCH - FORWARD SKIP A HOLE

FACING  
→



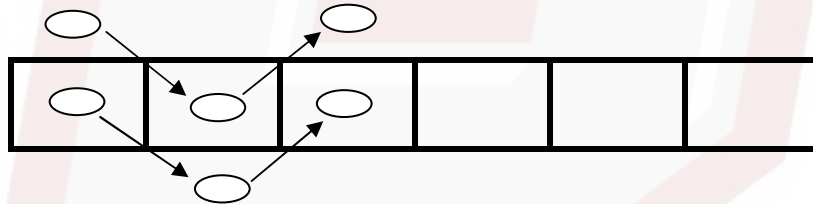
## HOP SCOTCH - BACKWARD SKIP A HOLE

FACING  
←



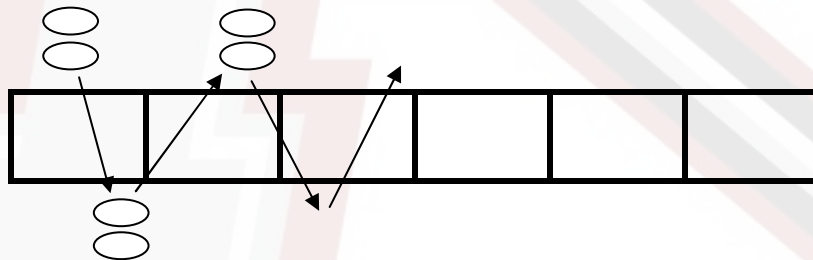
## DOUBLE LEG SKI HOPS

FACING  
→



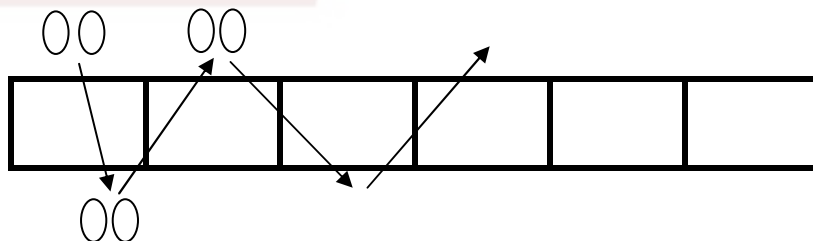
## DOUBLE LEG LATERAL HOP OVERS

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)

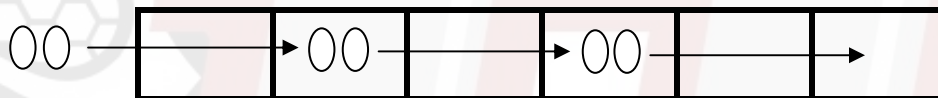
## FORWARD HOP THROUGH - SKIP A HOLE

FACING



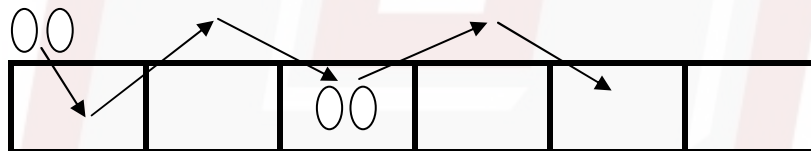
## LATERAL HOP THROUGH - SKIP A HOLE

FACING



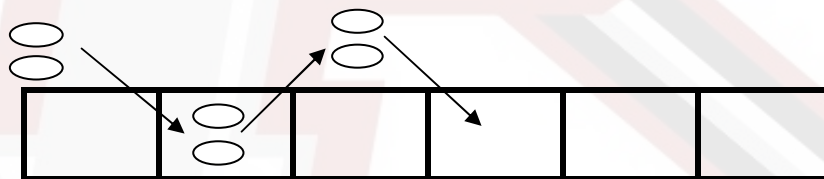
## FRONT/BACK HOPS - SKIP A HOLE

FACING



## LATERAL HOPS - SKIP A HOLE

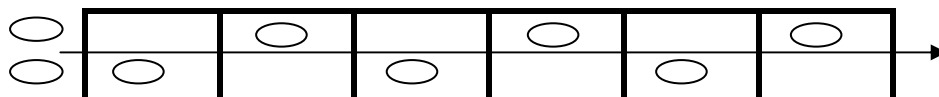
FACING



## HIGH KNEES - 1 FOOT PER HOLE

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

FACING



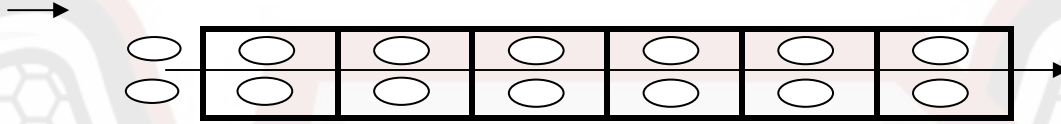
# SPEED LADDER DRILLS

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

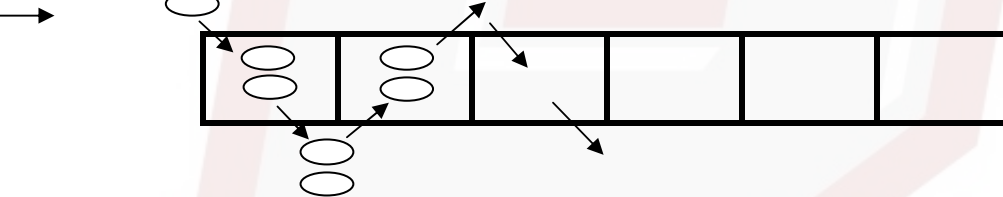
\*Step in and out of each hole with both feet as fast as possible

FACING



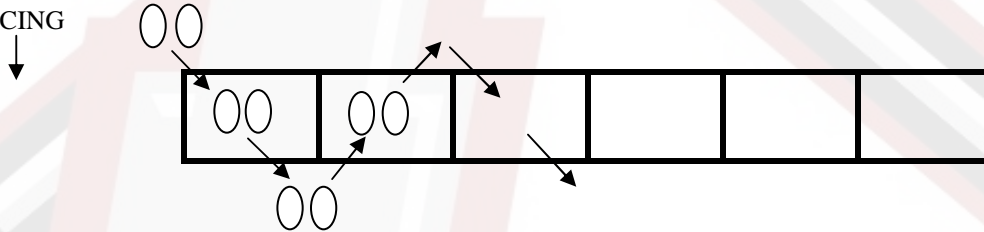
## DOUBLE LEG LATERAL CROSSOVERS

FACING



## DOUBLE LEG FRONT/BACK CROSSOVERS

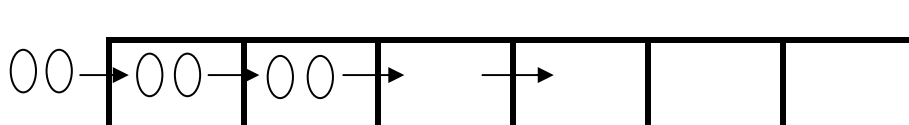
FACING



## LATERAL HIGH KNEES - 2 FEET PER HOLE

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

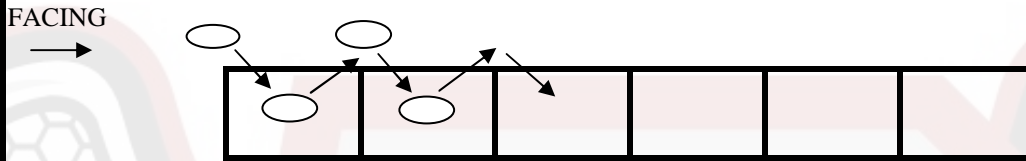
FACING



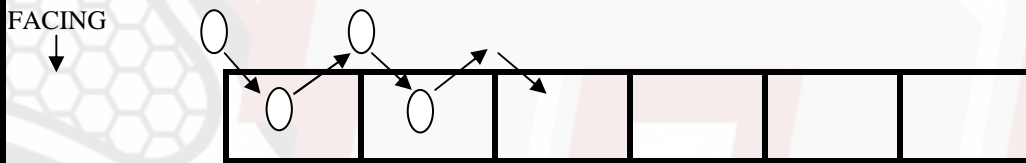
# **SINGLE LEG SPEED LADDER DRILLS**

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

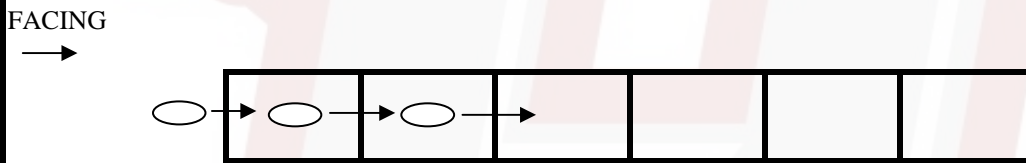
## **SINGLE LEG LATERAL HOPS**



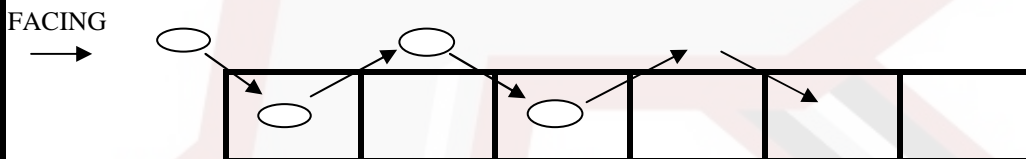
## **SINGLE LEG FRONT/BACK HOPS**



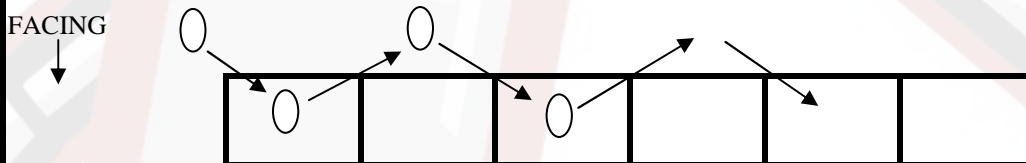
## **SINGLE LEG FORWARD HOPS - EVERY HOLE**



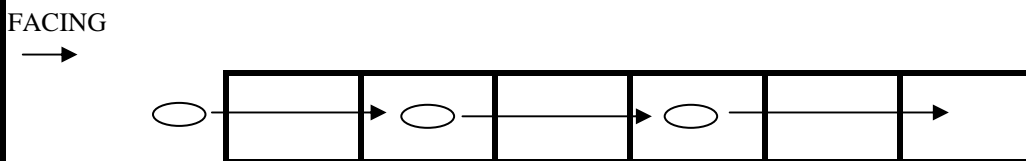
## **SINGLE LEG LATERAL HOPS - SKIP A HOLE**



## **SINGLE LEG FRONT/BACK HOPS - SKIP A HOLE**



## **SINGLE LEG FORWARD HOPS - SKIP A HOLE**

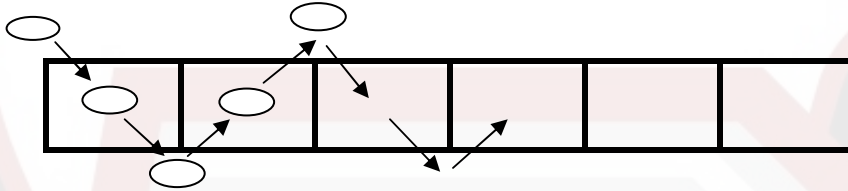


# **SINGLE LEG SPEED LADDER DRILLS**

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

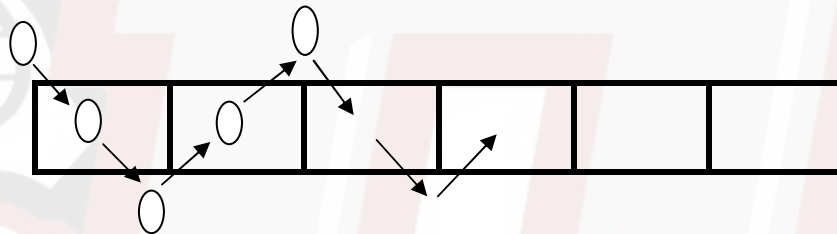
## **SINGLE LEG LATERAL CROSSOVERS**

FACING  
→



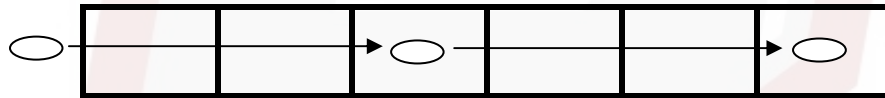
## **SINGLE LEG FRONT/BACK CROSSOVERS**

FACING  
↓



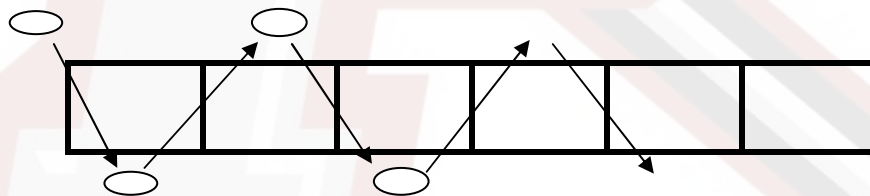
## **SINGLE LEG FORWARD HOPS - EVERY 3RD HOLE**

FACING  
→



## **SINGLE LEG LATERAL HOP OVERS**

FACING  
→



## **SINGLE LEG FRONT/BACK HOP OVERS**

FACING  
↓

