

Ladder Drills

Foot Quickness Drills:

1. Forward One In - facing down the ladder alternate feet hitting squares in ladder
2. Forward Two In - facing down the ladder each foot hits in each square of the ladder
3. Lateral One In - standing perpendicular to the ladder alternate feet hitting each square
4. Lateral Two In - standing perpendicular to the ladder the lead foot always goes in first
 - each foot in each square with a 4-count rhythm in-in-out-out
5. 180's - two foot 180 jumps down the ladder
 - start in first square facing perpendicular to the ladder jump and turn 180 degrees into the next square and progress down the ladder this way
6. Forward Slalom Jump - start facing down the ladder with one foot in and one foot out
 - jump down the ladder alternate hitting the inside foot in the next square
 - be sure to shift weight from right to left to right to left as you move down the ladder
7. Forward Snake Jump - straddle the first square standing perpendicular to the ladder with the left leg leading
 - jump in 90 degree incremental turns as you travel down the ladder in a 4-count rhythm
8. Forward Shuffle - start with both feet outside the ladder facing down the ladder
 - the inside foot steps in the ladder first
 - use a 3 count rhythm in-in-out
9. Two In Ali Shuffle - standing perpendicular to the ladder start with left foot in the ladder and the right foot behind
 - jump and switch feet in the first square then jump to the next square and switch feet
 - both feet will go into each square
10. One In Ali Shuffle - standing perpendicular to the ladder start with left foot in the ladder and the right foot behind
 - hips must rotate so that only one foot goes in each square - hips lead the feet
11. Lateral Right-in - stand behind and perpendicular to the ladder with both feet out
 - step with the inside foot (right) into the first square and crossover with the other foot (left) out of the ladder but in front of the next square
 - the inside foot goes into the next square and trail foot goes behind and outside that square

12. Lateral Left-in - same as above except the leading foot is always out and the trail foot is always in
- the lead foot is always out of the squares and trail foot is always in the squares
13. Backward Snake Jumps - opposite of the forward snake jump
14. Backward 180 Jumps - opposite of forward 180 jumps
15. Backward Slalom Jumps - opposite of forward slalom jumps
16. Backward Shuffle - 3 count rhythm in-in-out

Change of Direction Drills:

1. Forward Cross Step - the outside foot always steps across the inside foot to land alone in the square
2. Backward Cross Step - same as forward cross step only going backwards
3. Forward Same-In - the same foot is always going to land in the ladder and the other foot will never land in
- sequence is in-cross-cross-out
4. Backward Same-In - the lead foot will always cross behind
5. Forward Shuffle Bound - same as forward shuffle but it increases eccentric loading by stepping wider - shift weight to outside foot
6. Backward Shuffle Bound - same as backward shuffle but step wider
7. Forward Cross Step Bound - same as forward cross step but with greater amplitude
8. Backward Cross Step Bound - same as backward cross step but with greater amplitude