

Day 2

Tips and Things to Remember: (MF Athletic)

- Relax! You'll move with greater precision and balance if you avoid tensing your muscles.
- Always see if you can relate the elements of any drill to the movements you make in competition. Often drill movements are identical to competition movements with only the added challenge of placing your feet precisely in and out of the ladder.
- Go as fast as you can: Not as fast as you can't. Don't sabotage yourself by attempting to make your feet go faster than they are able to correctly negotiate all the rungs of the ladder. Remember: You want to develop quickness and control.
- Learn quickly, by first practicing slowly.
- Get a rhythm, then try to pick up your tempo.
 1. Get the drill right
 2. Get the drill right going slow
 3. Get the drill right going fast
- Allow for proper rest between drills. Do not perform to fatigue.
- If you are struggling with a particular drill, count the rhythm out loud (either with numbers, or work cues ("In", "Out", "Cross" etc.)) until the movement begins to flow.
- Use your arms!
- You can use many drills to increase explosive power simply by amplifying your last step away from the ladder. This turns the drills into functional plyometric training for sport.
- Don't be afraid to fail! All of these drills can be learned quickly – if you don't quit on them!

Ladder Drills

Forward Start with Left Foot

Forward Start with Right Foot

Backward Start with Left Foot

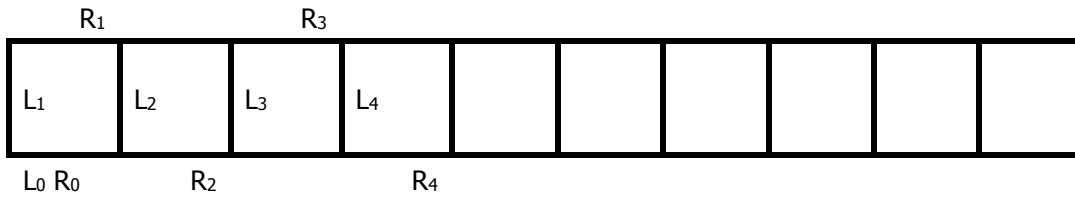
Backward Start with Right Foot

<u>Quick Run – 2 In</u> <i>upper body: arm swing and good posture</i>				<u>Variations:</u> <ul style="list-style-type: none">- Start with opposite feet- Backwards- High knees- Quick Feet- Lateral						
L ₀ R ₀	L ₁ R ₂	L ₃ R ₄	L ₅ R ₆							

Agility

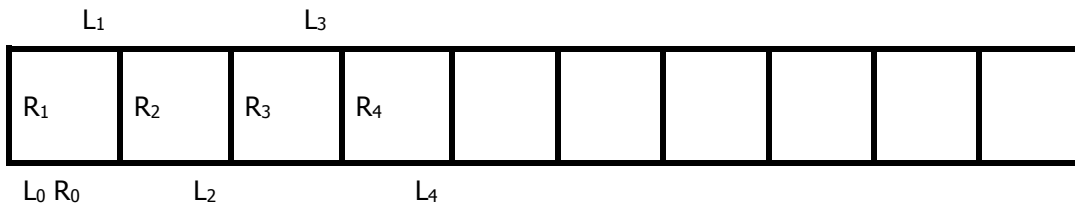
Over/Back
“Over – Back”

Variations: - Starting from Left and Right



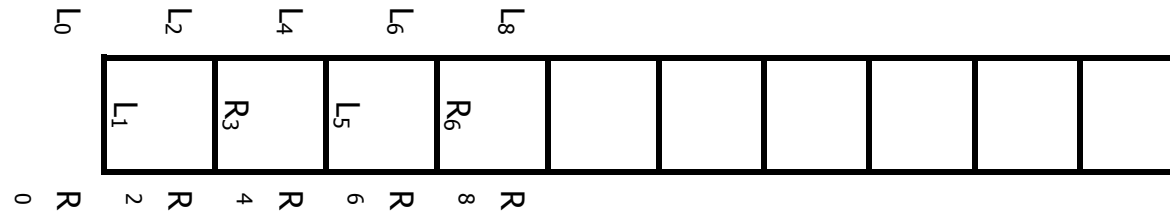
Over/Back Cross
“Over – Back”

Variations: - Starting from Left and Right
- Face towards ladder, Face away from ladder



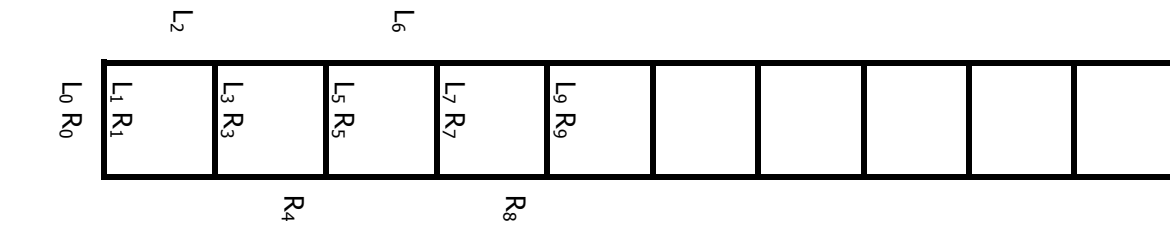
Hopscotch – Single In
“Out-Left In-Out-Right In”

Variations: - Backwards



2 Becomes 1
“2 In-1 Out-2 In-1 Out”

Variations: - Backwards



Agility

Cross in Front

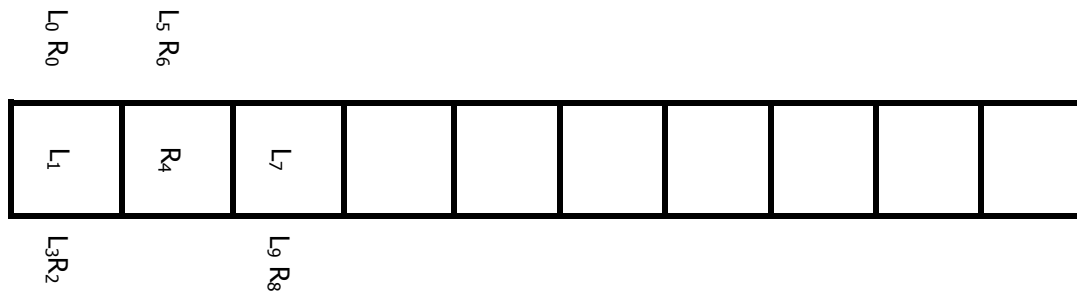
“Over-Out-Out”

use slight hip turn

left over right, right behind left

right over left, left behind right

Variations: - Forwards and Backwards



Cross Behind

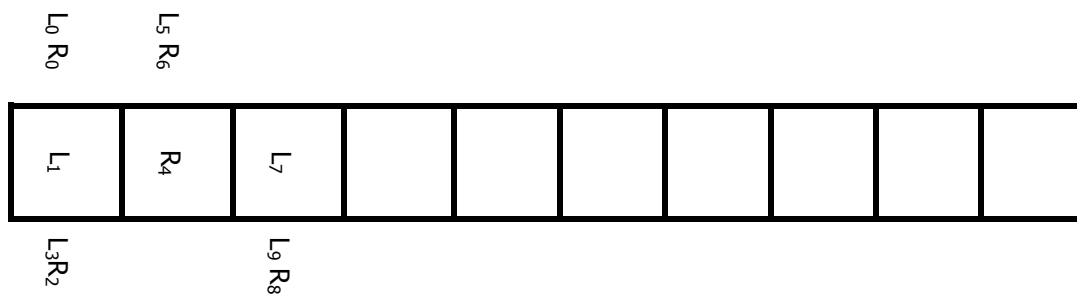
“Behind-Out-Out”

use slight hip turn

left behind right, right over left

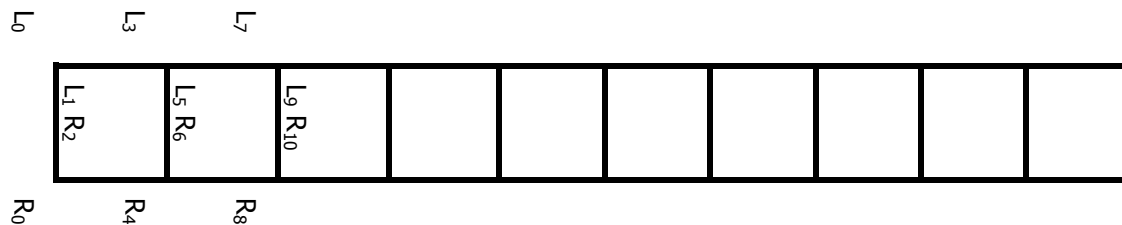
right behind left, left over right

Variations: - Forwards and Backwards



In-In, Out-Out

Variations: - Start with opposite feet
- Backwards
- Lateral



Agility

Right Foot Always in Square

Left Foot Always in Square

1-2-3-In

“In-1-2-3-In-1-2-3-In”

outside foot stays in straight line

Variations:

- Backwards

- Lateral

L₀ L₂ L₄ L₆ L₈
R₀ R₂ R₄

R ₁	R ₅	R ₉							
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Single Leg Step Over

“Over-Over-Out-Up”

Variations:

- Each leg

- Backwards

L₀ L₃ L₇

R ₀	R ₂	R ₄	R ₆	R ₈					
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L₁ L₅ L₉

Turn Out (Lateral)

“Turn-Out-Turn-Out”

*feet will point in opposite
direction on each “turn”
more hip rotation is better*

Variations:

- Start going to Right and Left

R₁ L₃ R₅ L₇ R₉

L₀

R ₀ L ₂	R ₂ L ₄	R ₄ L ₆	R ₆ L ₈	R ₈					
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L₁ R₃ L₅ R₇ L₉

180's

Variations:

- Backwards

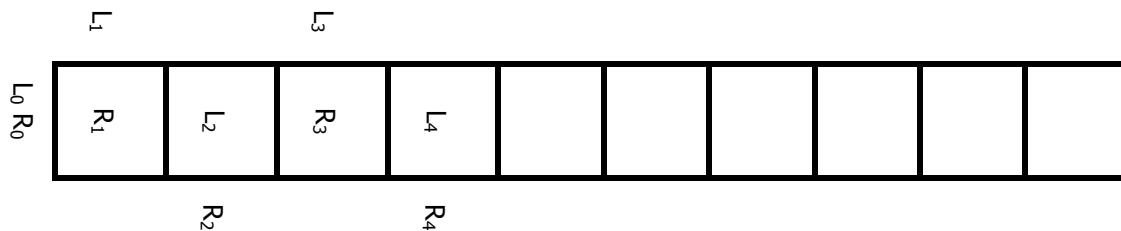
L₀

R ₀ R ₁	L ₁ L ₂	R ₂ R ₃	L ₃ L ₄	R ₄ R ₅	L ₅ L ₆	R ₆			
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Agility

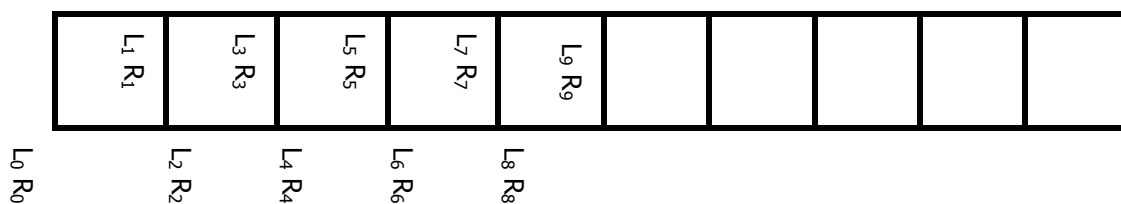
Split Jumps

Variations:



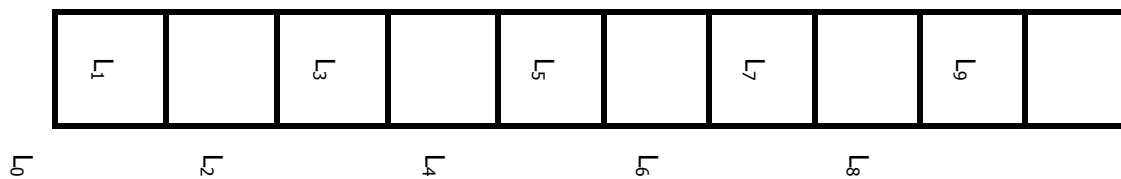
Slalom

Variations:



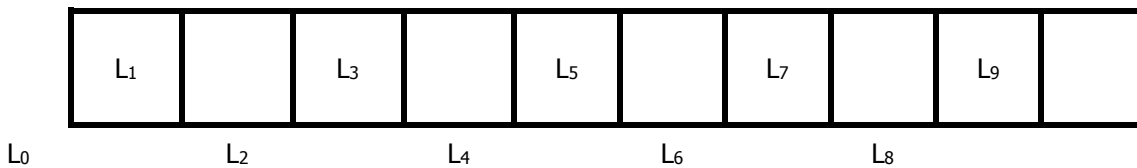
Single Leg Slalom

Variations:



Single Leg Slalom (Lateral)

Variations:



Skater Hop's

Variations:

