## Day 3

## Tips and Things to Remember: (MF Athletic)

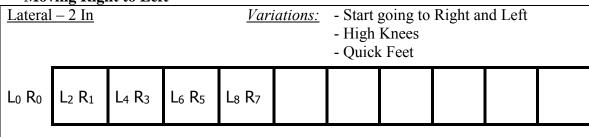
- Go as fast as you <u>can</u>: Not as fast as you <u>can't</u>. Don't sabotage yourself by attempting to make your feet go faster than they are able to correctly negotiate all the rungs of the ladder. Remember: You want to develop quickness <u>and</u> control.
- Learn quickly, by first practicing slowly.
- 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.
- Use your arms!

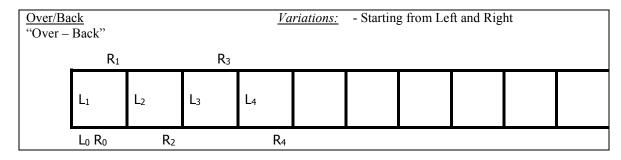
## Ladder Drills

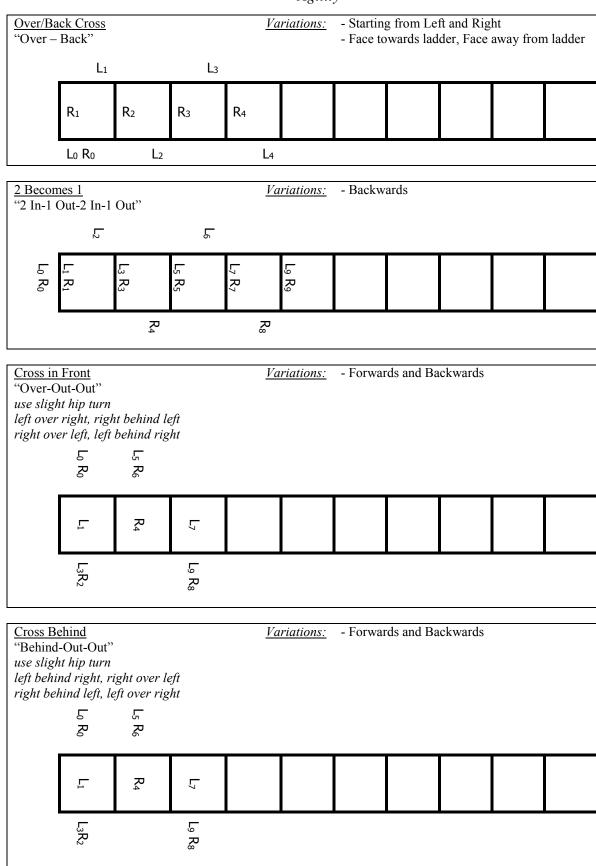
Forward Start with Left Foot Forward Start with Right Foot Backward Start with Left Foot Backward Start with Right Foot

| Quick Run – 2 In upper body: arm swing and good |                               |                               |                               |  | riations: | - Start with opposite feet<br>- Backwards                       |  |  |  |  |
|---|-------------------------------|-------------------------------|-------------------------------|--|-----------|---|--|--|--|--|
| posture   |                               |                               |                               |  |           | <ul><li>High knees</li><li>Quick Feet</li><li>Lateral</li></ul> |  |  |  |  |
| L <sub>0</sub> R <sub>0</sub>                   | L <sub>1</sub> R <sub>2</sub> | L <sub>3</sub> R <sub>4</sub> | L <sub>5</sub> R <sub>6</sub> |  |           |   |  |  |  |  |

Moving Left to Right Moving Right to Left







| In-In, Out-Out   |                               |                               |                                | <u>Va</u>             | <u>Variations:</u> - Start with opposite feet - Backwards |  |  |  |  |  |  |
|--|-------------------------------|-------------------------------|--------------------------------|-----------------------|---|--|--|--|--|--|--|
|  | _                             | _                             |                                |                       |   | - Lateral  |  |  |  |  |  |
| E  |                               |                               |                                |                       |   |  |  |  |  |  |  |
|  | L <sub>1</sub> R <sub>2</sub> | L <sub>5</sub> R <sub>6</sub> | L <sub>9</sub> R <sub>10</sub> |                       |   |  |  |  |  |  |  |
| R <sub>o</sub>   | <b>₽</b>                      | ₽                             |                                |                       |   |  |  |  |  |  |  |
| Right Foot Always in Square then Left Foot Always in Square  |                               |                               |                                |                       |   |  |  |  |  |  |  |
| 1-2-3-In   Variations: - Backwards   - Lateral   outside foot stays in straight line   ここでは、 こには、 ここでは、 ここでは、 ここでは、 ここでは、 ここでは、 ここでは、 ここでは、 こには、 こには、 ここでは、 ここでは、 ここでは、 ここでは、 ここでは、 こには、 こには、 こには、 こには、 こにはいは、 こにはいは、 こにはいは、 こにはいは、 こにはいは、 こにはいは、 こにはいはいはいはいはいはいはいはいはいはいはいはいはいはいはいはいはいはいはい |                               |                               |                                |                       |   |  |  |  |  |  |  |
|  | R.                            | $R_5$                         | R <sub>9</sub>                 |                       |   |  |  |  |  |  |  |
|  | G: 0                          |                               |                                |                       |   |  |  |  |  |  |  |
| "Over-C  | eg Step Ov<br>Over-Out-U      | v <u>er</u><br>[p"            |                                | <u>Va</u>             | riations:   | - Each le  |  |  |  |  |  |
|  | £                             | 2                             |                                | L <sub>7</sub>        |   |  |  |  |  |  |  |
|  | $R_0$                         | $R_2$                         | $R_4$                          | $R_6$                 | $R_{\!s}$   |  |  |  |  |  |  |
|  |                               | Ľ                             |                                | 5                     |   | را   |  |  |  |  |  |
| Lateral Crossover *Same foot crosses over each time  |                               |                               |                                | <u>Va</u>             | riations:   | - Start going to Right (Crossing Left over<br>Right) and to Left (Crossing Right over<br>Left) |  |  |  |  |  |
| L <sub>0</sub> R <sub>0</sub>  | $L_1$                         | R <sub>2</sub>                | L <sub>3</sub>                 | R <sub>4</sub>        |   |  |  |  |  |  |  |
|  |                               |                               |                                |                       |   |  |  |  |  |  |  |
| <u>Split Jumps</u> <u>Variations:</u> - Forwards and Backwards (for bkwds slightly rotate hips so outside foot slightly leads inside foot)   |                               |                               |                                |                       |   |  |  |  |  |  |  |
|  | Ľ                             |                               | 5                              |                       |   |  |  |  |  |  |  |
| L <sub>0</sub> R <sub>0</sub>  | $R_1$                         | L <sub>2</sub>                | $R_3$                          | 4                     |   |  |  |  |  |  |  |
|  |                               | $R_2$                         |                                | <b>R</b> <sub>4</sub> |   |  |  |  |  |  |  |

