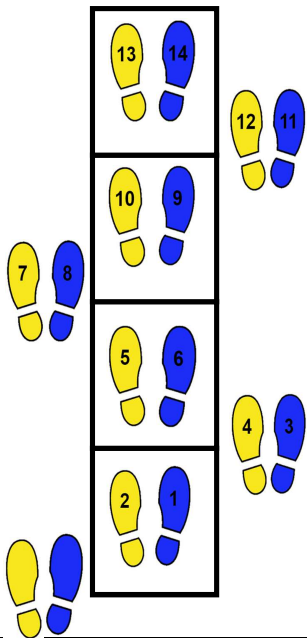


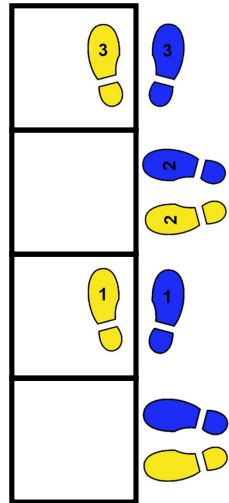
Inside Touch Shuffle

Shuffling diagonally through the ladder. When the second foot comes down outside the ladder, touch lightly without putting weight on it and move.



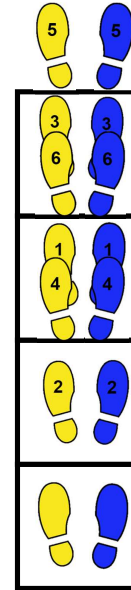
Twist Hop

Jump forward and twist 90 degrees. Feet landing simultaneously. Land softly.



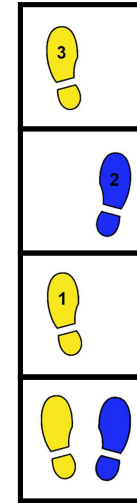
Up 2 Back 1 Jump

Jump forward to squares, land softly and jump backward a square. For an added challenge, try this with one foot focusing on balance.



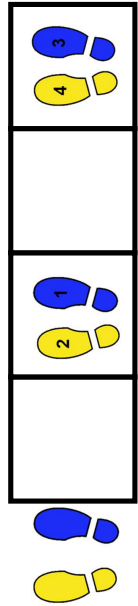
Fast Feet Run

Run quickly placing alternating feet in each rung of the ladder.



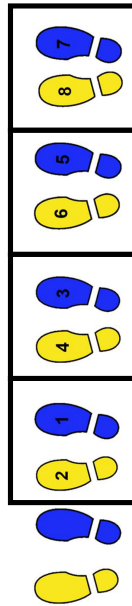
Side Shuffle B

With the leading leg, step 2 boxes over and follow with other leg. Focus on light steps and speed. Repeat the other direction.



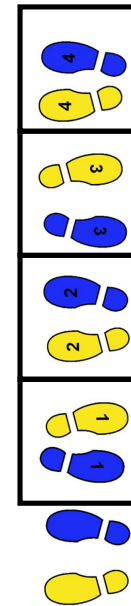
Side Shuffle A

With the leading leg step a single box over and follow with the other leg. Focus on very fast arm movement to help. Repeat the other direction.



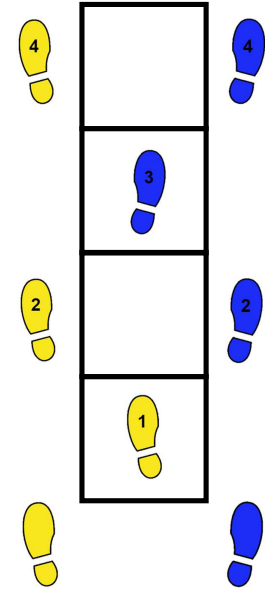
Full 180

Move through the boxes by jumping and twisting around in the air. Try to get your shoulders and hips to twist fully, not just your feet.



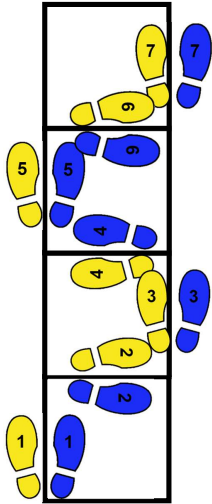
Hop Scotch

Try to stay low as you jump from position to position. Don't land too heavily on the single foot.



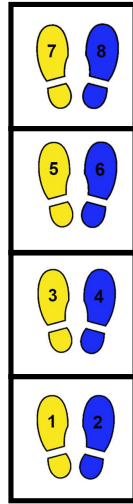
Follow the Ladder

Work on quickly twisting your hips as you jump, landing on the balls of your feet.



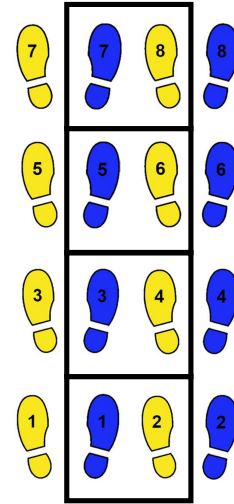
Fast Feet

Using fast arm movement, and staying low, touch each foot in each square.



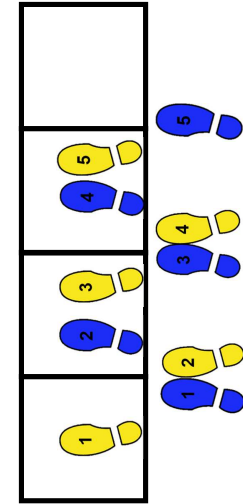
Side Hops

Stay low with bent knees. Use exaggerated arm swings to help move yourself.



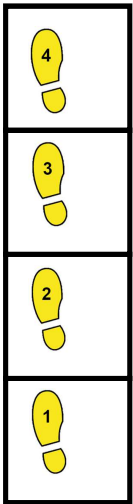
The Ali Shuffle

My personal favorite. As you move to the side, switch which foot is in and out simultaneously.



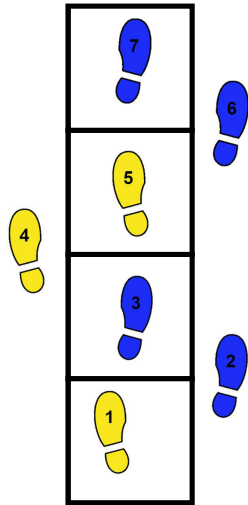
Single Leg Hops

Two great variations of this. First, hopping for speed, stay low. Second, hop but pause until you are full balanced. Only when balanced take your next hop. Repeat on both sides.



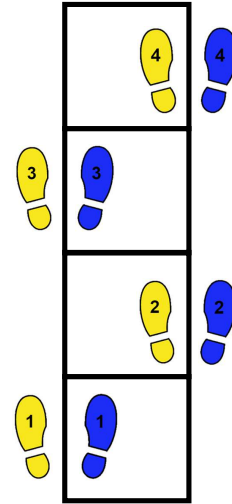
Open the Gate

As you put your foot down on the outside of the ladder, only barely touch it and immediately step it into the next box. Resembles the "open the gate" warm up. A second variation is a full hopper with only one foot on the ground at a time.



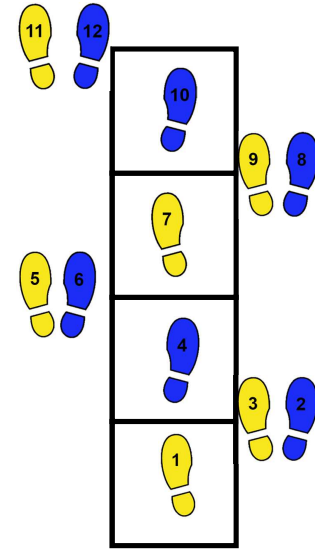
Vonn Hops

A Slalom with big arm swings.



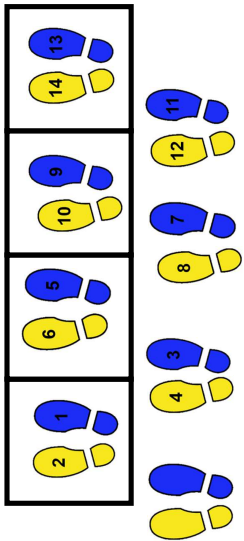
Crossovers

When outside the ladder, the outermost foot will cross back in front of the inside foot and come down inside the ladder.



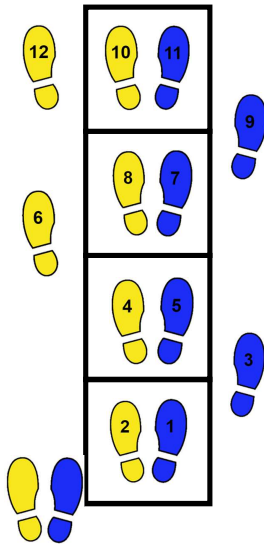
YKK Zipper

The Zipper shuffle is a mainstay in any ladder work. Lots of fast arm movement to accompany and help fast leg movement.



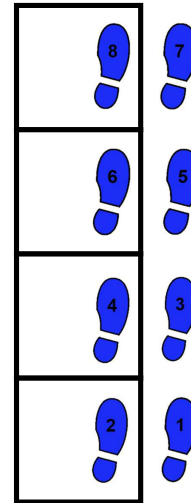
Icky Shuffle

Maybe the most important ladder drill. Use fast arm movement to develop fast feet. Imagine going through cones rather than a ladder.



Skaters

Go for speed as you hop through this. Try to feel this as a bounce.



Linebacker Hops

Quick feet taps followed by a step. Although the picture shows the 4 steps per box as moving forward, take them on top of one another and work for maximum foot speed.

