SPEED LADDER DRILLS

STRAIGHT RUN (1 foot in hole)

Facing the front of the ladder:

- Run through the ladder, placing the LEFT (1) foot in first hole, followed by the RIGHT (2) foot in the second hole
- Follow this pattern through the ladder
STRAIGHT RUN (2 feet in hole)

Facing the front of the ladder:

- Run through the ladder, placing the LEFT (1) foot in first hole, followed by the RIGHT (2) foot in the same hole.
- Follow this pattern through the ladder

LATERAL RUN (1 foot in hole)

Facing laterally to the front of the ladder:

- Run laterally through the ladder, placing the LEFT (1) foot in first hole, followed by the RIGHT (2) foot crossing-over in front of the left and into the second hole.
- Follow this pattern through the ladder
LATERAL RUN (2 feet in hole)

Facing laterally to the front of the ladder:

- Run laterally through the ladder, placing the LEFT (1) foot in first hole, followed by the RIGHT (2) foot in the same hole
- Follow this pattern through the ladder

LATERAL IN-OUT (Ali Shuffle)

Beginning in front of the right side of the ladder:

- Step with LEFT (1) and RIGHT (1) foot at the same time - Left in the hole, right outside the ladder
- Step with RIGHT (2) and LEFT (2) foot at the same time - Right in the first hole, left outside the ladder
- Continue with pattern through end of ladder
LATERAL FORWARD-BACK
*Variation - Take another step forward out of the ladder

Beginning in front of the right side of the ladder:

- Step with LEFT (1) foot, followed by the RIGHT (2) - Both in first hole
- Step with LEFT (3) foot, followed by the RIGHT (4) - Both outside the ladder
- Continue with pattern through end of ladder
ICKEY SHUFFLE (1 foot out)
*Variation - Backwards Ickey Shuffle

Beginning at the right side of the ladder:

- Step with LEFT (1) foot, followed by the RIGHT (2)
- Step out with LEFT (3) foot
- Step forward with RIGHT (4) foot, follow with LEFT (5)
- Step out with RIGHT (6) foot
- Step forward with LEFT (7) foot, follow with RIGHT (8)
- Continue with pattern through end of ladder
ICKEY SHUFFLE (2 feet out)
*Variation - Backwards Ickey Shuffle

Beginning at the right side of the ladder:

- Step with LEFT (1) foot, followed by the RIGHT (2)
- Step out with LEFT (3) foot, followed by the RIGHT (4)
- Step forward with RIGHT (5) foot, follow with LEFT (6)
- Step out with RIGHT (7) foot, followed by the LEFT (8)
- Step forward with LEFT (9) foot, follow with RIGHT (10)
- Continue with pattern through end of ladder
LINE DRILLS / DOT DRILLS

Select 3-4 drills, do each of them 2x for 5-10 seconds. Focus on quality foot contacts, not conditioning. All drills are identical for both the Line Drills and the Dot Drills - Choose whether to use lines or dots (These same drills can be used for jump roping also).

FORWARD-BACKWARD

*Variation - Two feet, Right foot, Left foot

Beginning behind the line (1):

- Hop forward (2) and backward (beginning position 1) over the line, repeat pattern
SIDE-SIDE (2 Foot)
*Variation - Two feet, Right foot, Left foot

Beginning on the left side of the line (1):

- Hop side (2) to side (beginning position 1) over the line, repeat pattern

CROSS-OVER

Beginning with feet crossed over the line (1)

- Cross RIGHT foot (2) in front of LEFT foot (2) over the line, repeat pattern
ALI SHUFFLE

Beginning with feet split across the line (1)

- Simultaneously step with both feet forward and backward (2) across the line, repeat pattern

LINE TOUCH

Beginning with feet straddling the line (1)

- Simultaneously touch the line with both feet (2)
- Hop back to straddling the line (Beginning position 1), repeat pattern
SQUARE (2 Foot)
*Variations - Clockwise & Counter-clockwise

Beginning at the lower right corner

- Hop laterally to lower left corner (2)
- Hop forward to upper left corner (3), then hop laterally to the top right corner (4)
- Hop backward to bottom right corner (Beginning position 1), repeat pattern

FIGURE 8 (2 Foot)
*Variations - Clockwise & Counter-clockwise

Beginning at the lower right corner

- Hop laterally and forward to upper left corner (2)
- Hop laterally to the top right corner (3)
- Hop laterally and backward to bottom left corner (4)
- Hop laterally to the bottom right corner (Beginning position 1), repeat pattern
SQUARE (1 Foot)
*Variations - Clockwise & Counter-clockwise, Right foot & Left foot

Beginning at the lower right corner

- Using the left foot (1), Hop laterally to lower left corner (2)
- Hop forward to upper left corner (3), then hop laterally to the top right corner (4)
- Hop backward to bottom right corner (Beginning position 1), repeat pattern

FIGURE 8 (1 Foot)
*Variations - Clockwise & Counter-clockwise, Right foot & Left foot

Beginning at the lower right corner

- Using the left foot (1), Hop laterally and forward to upper left corner (2)
- Hop laterally to the top right corner (3)
- Hop laterally and backward to bottom left corner (4)
- Hop laterally to the bottom right corner (Beginning position 1), repeat pattern
X - (Forward-Backward)

Begin straddling the line in the lower half:

- Hop forward and onto the midline (2)
- Hop forward into a straddle position over the line (3)
- Hop backward and onto the midline (4)
- Hop backward into a straddle position over the line (Beginning position 1), repeat pattern

X - (Forward-Flip)

Begin straddling the line in the lower half:

- Hop forward and onto the midline (2)
- Hop forward straddling over the line (3)
- Flip 180°, staying straddled over the line (4)
- Hop forward and onto the midline (5)
- Hop forward straddling the line (6), Flip 180° and repeat pattern