

## Speed Training with Ladder/Cones 2

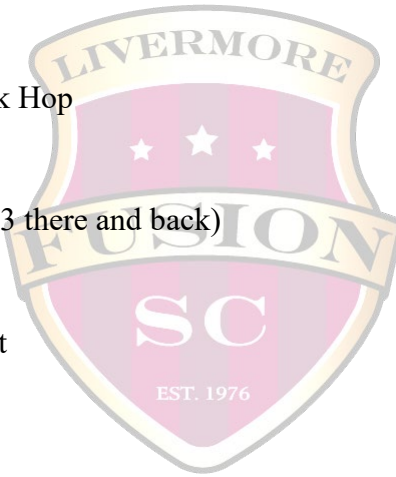
Each exercise can be performed with ladders or cones (please be creative if you do not have access to equipment)

1. Two Feet
2. Icky Shuffle (Typewriter)
3. Crossover
4. Icky Shuffle Hop
5. Lateral In-Out
6. Out-In-Out
7. Two Forward – One Back Hop

\*Perform each exercise 6 times (3 there and back)

\* Repeat circuit 2/3 times

\*2 mins rest between each circuit



### Coaching Points

\*Opposites with legs and arms (right leg down/left arm out)

\* Fast sharp feet (faster than the old man in the video)

\* Exercise with both feet on the ground use both arms for leverage