Ladder Drills

1) One Foot Every Other Square – Forward and Backward 2 times

2) 2 In 2 Out (Left Side) – Backward and Forward 2 Times

3) Jumping Jacks For Power – Forward and Backward 2 times
Ladder Drills

4) Two Feet Every Square – Forward and Backward 2 times

5) 2 In 2 Out (Forward/Backward) – Left and Right 2 Times

6) 2 In 2 Out (Right Side) – Backward and Forward 2 Times
7) **Scissor** – Left and Right 2 times

8) **2 In 2 Out Hold On One Leg (Hockey Style)** – Forward 3 Times

9) **One Leg Snake** – Backward and Forward 2 Times
Ladder Drills

10) Ickey Shuffle – Forward and Backward 2 times

11) 2 In 1 Out Right and Left – Forward and Backward 2 times

12) Outside Foot In Behind – Backward 2 Times
13) One Leg Hops – Forward and Backward, Left Foot and Right Foot 2 times

14) 90º Side Turns – Forward and Backward, Left Foot and Right Foot 2 Times

15) Hesitation Drill – Forward and Backward 2 Times
Ladder Drills

16) Jumping Jacks For Speed – Forward and Backward  2 times

17) 180º Side Turns – Forward and Backward, Left Foot and Right Foot  2 Times

18) Ice Skater 2 Feet Out – Forward and Backward  2 Times
Ladder Drills

19) **2 Feet Every Other Square** – Forward and Backward  2 times

20) **In and Out** – Forward and Backward  2 Times

21) **Lightning Bolt** – Forward and Backward  2 Times
Ladder Drills

22) **1 Foot In** – Forward and Backward 2 times

23) **Hop Scotch** – Backward and Forward 2 Times

24) **Power Lightning Bolt Shuffle (w/ Cones)** – Forward and Backward 2 Times
25) Ice Skater 1 Foot - Forward and Backward 2 times

26) Outside Foot In Front – Forward 2 Times

27) Jumping Jacks For Power – Forward and Backward 2 Times