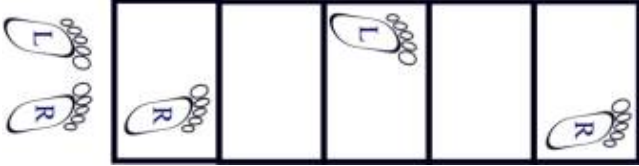
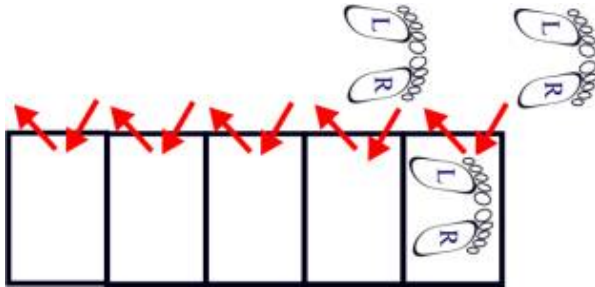


## Ladder Drills

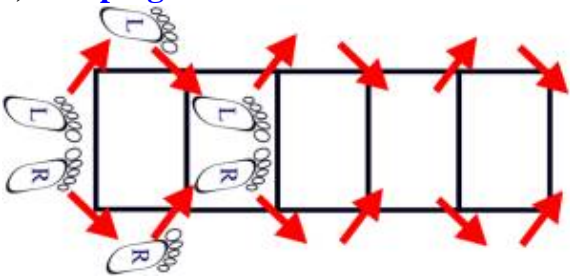
1) **One Foot Every Other Square** – Forward and Backward 2 times



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

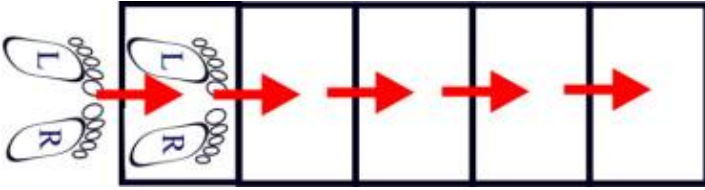


3) **Jumping Jacks For Power** – Forward and Backward 2 times

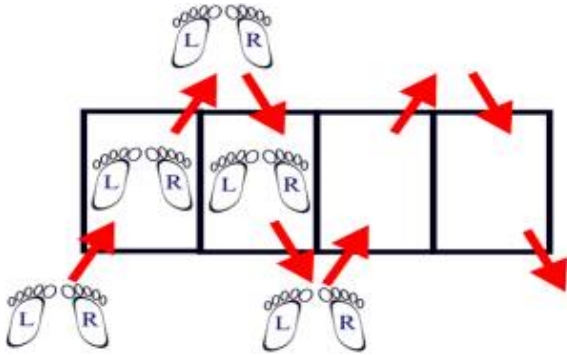


## Ladder Drills

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



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

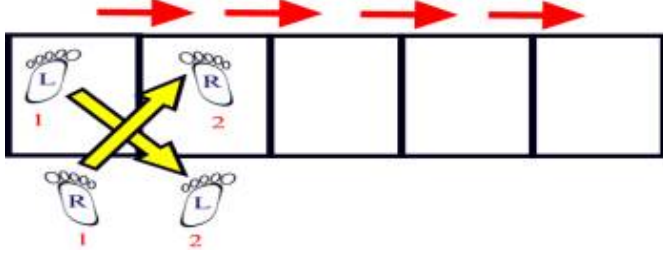


6) **2 In 2 Out (Right Side)** – Backward and Forward 2 Times

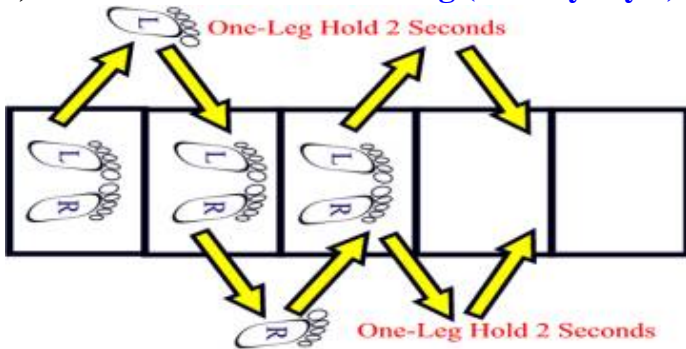


## Ladder Drills

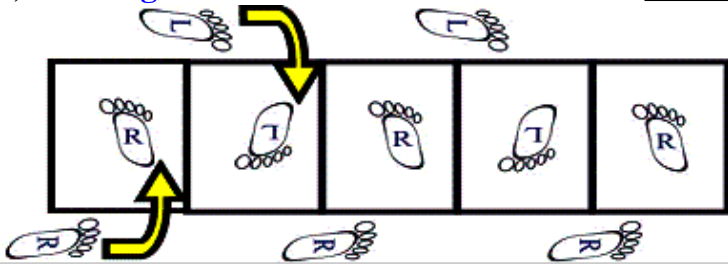
7) **Scissor** – Left and Right 2 times



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

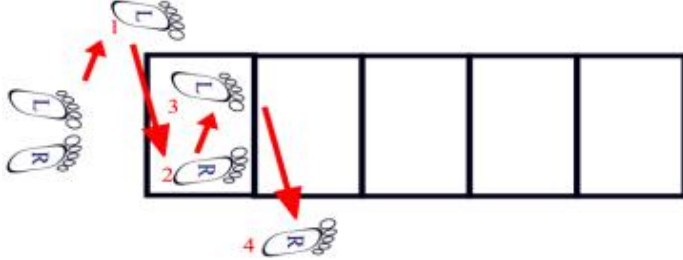


9) **One Leg Snake**– Backward and Forward 2 Times

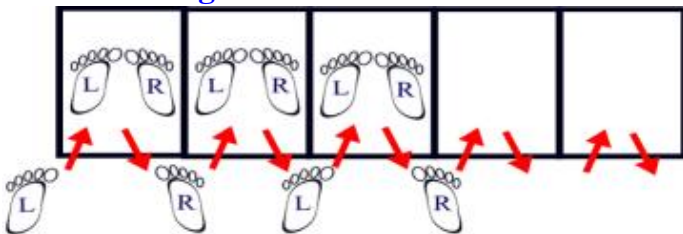


## Ladder Drills

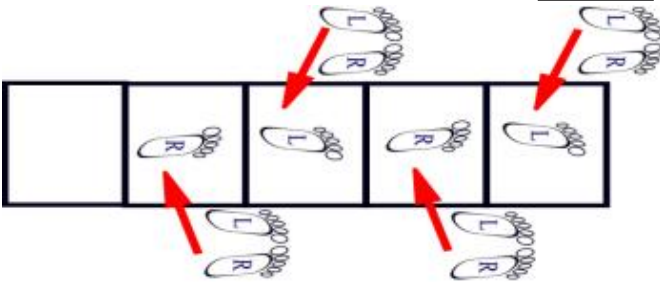
10) **Ickey Shuffle** – Forward and Backward 2 times



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

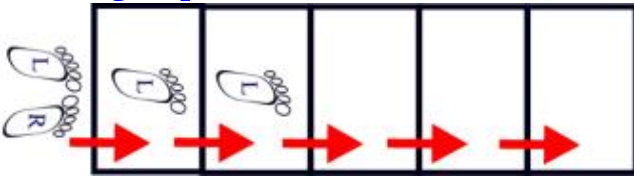


12) **Outside Foot In Behind** – Backward 2 Times

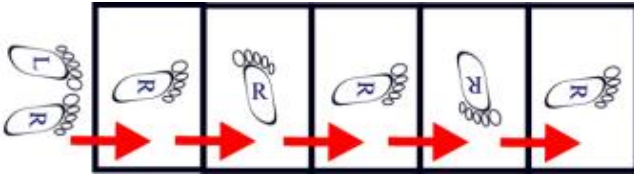


## Ladder Drills

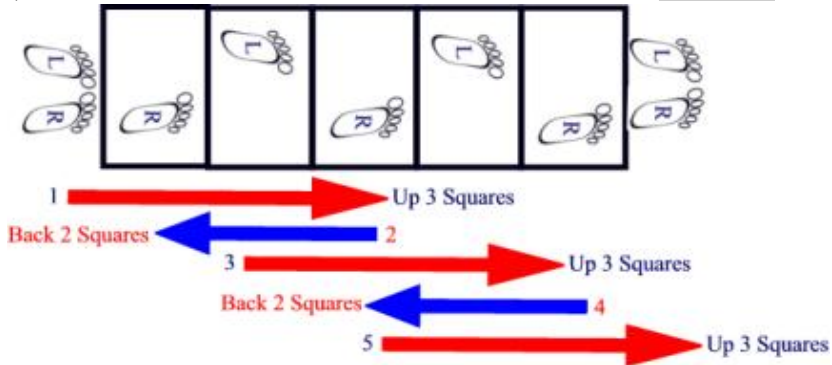
13) **One Leg Hops** – Forward and Backward, Left Foot and Right Foot 2 times



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

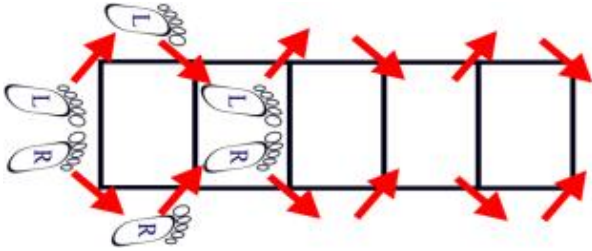


15) **Hesitation Drill** – Forward and Backward 2 Times

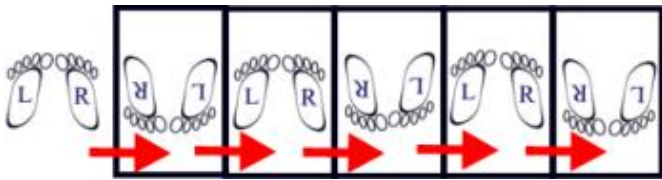


## Ladder Drills

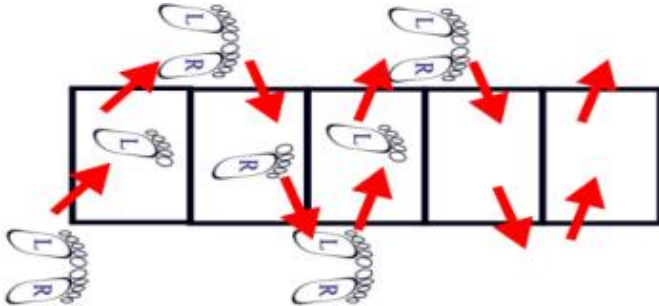
16) **Jumping Jacks For Speed** – Forward and Backward 2 times



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

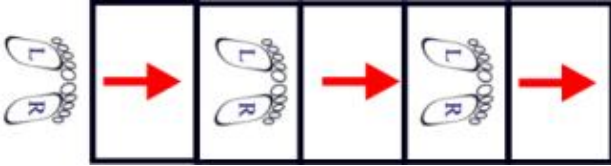


18) **Ice Skater 2 Feet Out** – Forward and Backward 2 Times

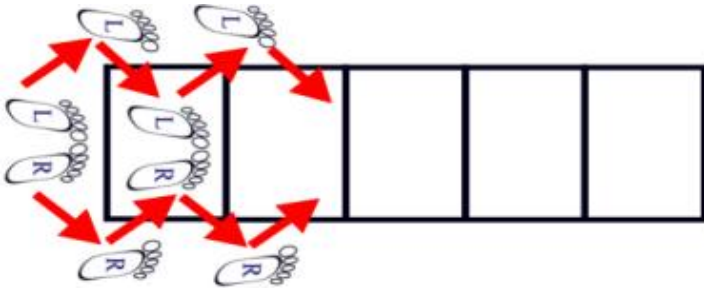


## Ladder Drills

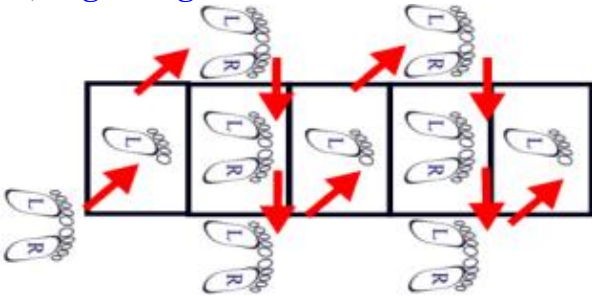
19) **2 Feet Every Other Square** – Forward and Backward 2 times



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

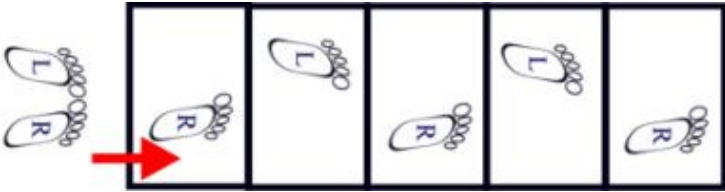


21) **Lightning Bolt** – Forward and Backward 2 Times

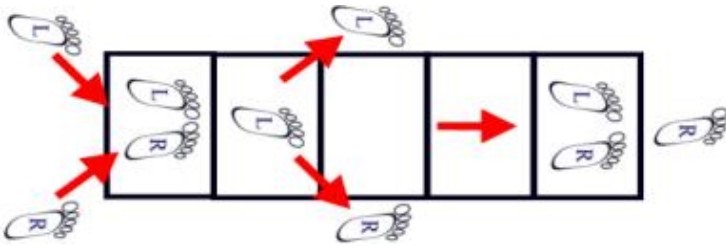


## Ladder Drills

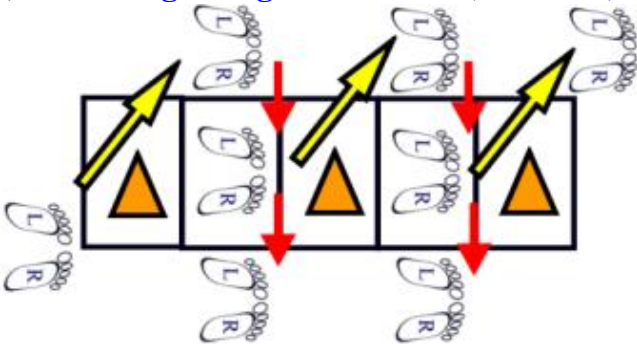
22) **1 Foot In** – Forward and Backward 2 times



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



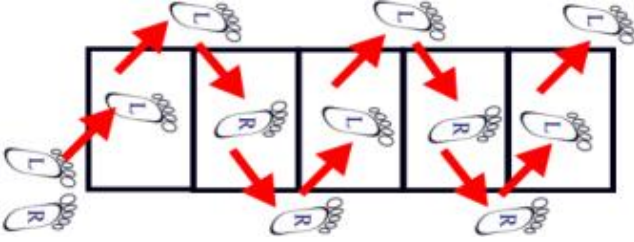
24) **Power Lightning Bolt Shuffle (w/ Cones)** – Forward and Backward 2 Times



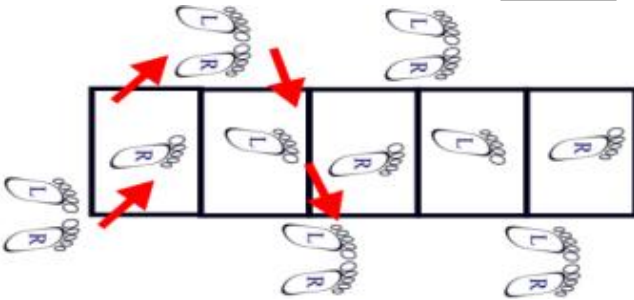


## Ladder Drills

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

