

Ladder Drills (Straight, L-pattern, Zig-zag)

1 ft. each hole

2 ft. each hole

Side step – each hole

Trail foot only (facing ladder)

2 feet in (facing ladder)

Hop scotch

Icky shuffle

Carioca

2 up – 1 back

2 ft. through (facing ladder)

180's

2 ft. hops (or diagonal)

1 ft. hops

Typewriter

Hip rotation

1 up – 1 back – 2up – 2 back, etc.