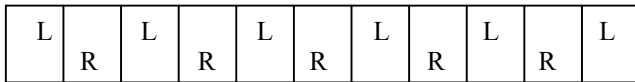


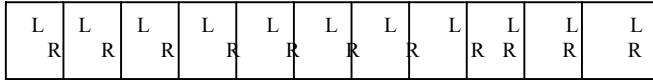
Section 2 Quickness, Speed, Coordination, and Agility Ladder Training

(you can make ladders on the floor with tape or chalk if you do not own one. The space is 16" wide x 18" long)

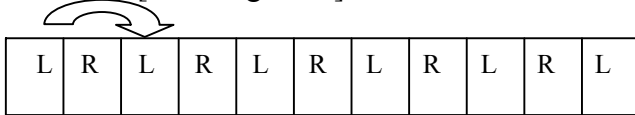
1. Ankle runs [one – in] (feet should cycle over the ankle joint only, lift at the knee, ankles dorsiflex, arm movement is key)



2. Ankle runs [two – in] (same as #1 but you must have two steps in each space)



3. ½ Carioca [same leg front]

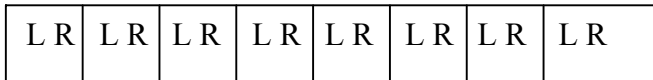


4. Power front/back carioca [regular carioca w/ emphasis on high front knee]

5. Lateral side step [one – in] while stepping laterally, skip a space



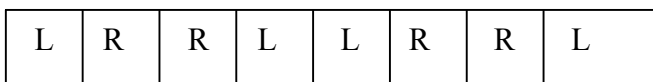
6. Lateral side step [two – in] Use each space for both feet as you step laterally



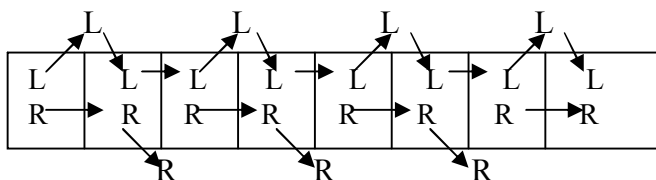
7. 180 degree jump slalom [two – in]



8. 180 degree jump slalom [one – in]

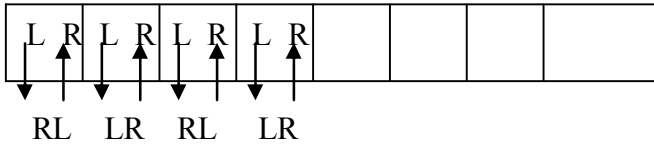


9. Three point slalom [two – in/one – out/one - up]

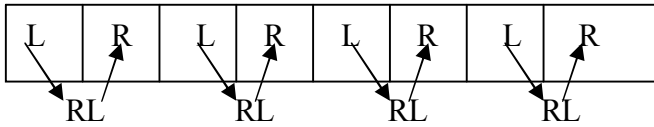


Spatial Awareness Development

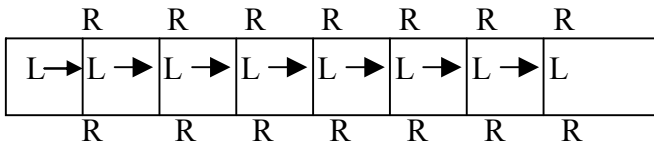
1. Ali shuffle [two-in] (quick hop with both feet and change them in midair while moving laterally. Arm action is key)



2. Ali shuffle [one-in] (same as 1 except you only have one foot in each space)

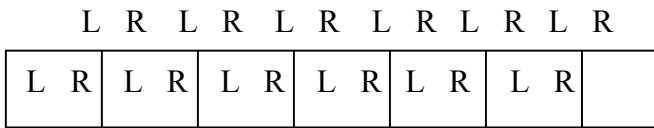


3. Lateral One-in [front/back] R/L

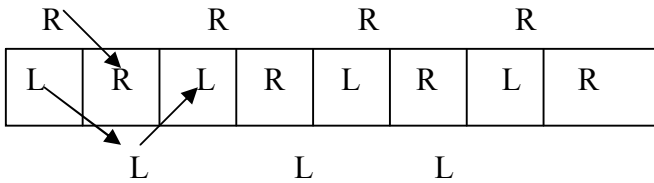


4. Quick step Ali's [lateral one-in movement]

5. Box it [in-in-out-out]

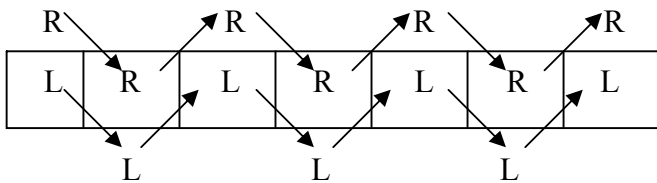


6. Backward snake [Rhythm = RR, LL, RR, LL, etc]



7. 180 degree hop backward

8. Backward shuffle (hop diagonally with both feet [one-in, one-out], arms blocked at 90 degrees)



Training with a ball

1. Right-in/two-in/right-out/left-kick = 1&, 2&, 3&, 4&
2. Two-in 180 degree jump/catch and toss
3. One-in “A” [high knee] skip and kick
4. Diagonal hop slalom/head

Change of Direction

1. Lateral quick step [two – up/one – back]
2. Forward crossover step
3. Backward crossover step
4. ½ step – over cross [?]
5. Backward same – in while stepping side/side with other foot
6. Forward shuffle bound [outside leg emphasis]
7. Backward shuffle bound [outside leg emphasis]
8. Forward cross step bound
9. Backward cross step bound

Resistance & Plyometric footwork

- You may use any of the exercises with ankle band resistance. You must first master the exercises.
- You may also use a ball for sport specific training movements