



## **December To Remember Ladder Drills**

### **Key points about ladder drills**

- 1) The key is to use perfect form not speed.
  - a) Never touch the ladder with your foot
- 2) Push off from the balls of your feet (not the toes)
- 3) Keep your elbows at 90 degrees at all times
- 4) Pump your hands from shoulder height to hips (men) and from chest height to hips (women)
- 5) Keep your arms, shoulders and hands relaxed
- 6) Try to keep your head still as much as possible
- 7) Explode out of the ladder
  - a) Breakdown at cones or sprint

- High Knees – 1 foot in each rung (pumping arms)
- High Knees – 2 feet in each rung (pumping arms)
- Butt Kicks – 1 foot in each rung
- Salom – (side to side agility) – also called mogols
- Crossover – sideways run, back foot over front foot, 1 in each rung
- Icky Shuffle (Forward)
- Icky Shuffle (Backward)
- Riverdance
- 1 in down the ladder (2 feet outside, inside foot in and out as you go)
- Scissors from the side
- Hopscotch (in and out)