

Speed Ladder Drill 2

EQUIPMENT

2x Speed Ladder. 4 Disc cones.

MEASUREMENT

20 x 20 yards

CATEGORY

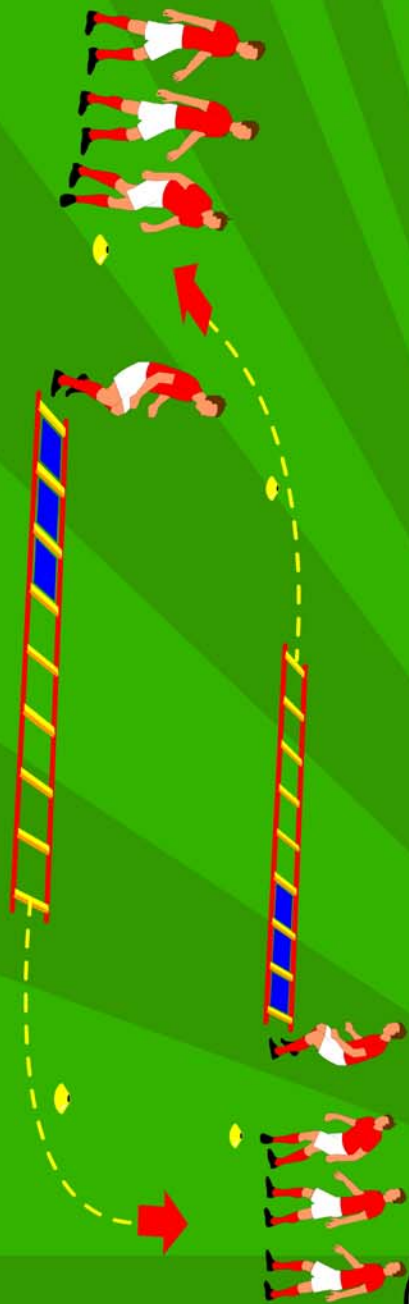
Coordination, Agility and Speed Training

COACHING POINTS

1. Speed ladder - Quick footwork using the balls of your feet and use the arms for set rhythm and pace.
2. Touch the ground twice (once with left and once with right foot) between the first 3 spaces... Step back a space... Repeat the process...
3. Maintaining good technique and 100% effort throughout the drill is crucial.
4. Do 6-8 repetitions each player.

PROGRESSION

1. Do the same sequence sideways.



PLAYERS TOUCH THE GROUND TWICE (ONCE WITH LEFT AND ONCE WITH RIGHT FOOT) BETWEEN THE FIRST 3 SPACES...



PLAYERS STEP BACK A STEP...



PLAYERS REPEAT THE SAME PROCESS AS IN STEP 1 AND 2...