One Foot Every Other Square  
**Forward-2xs** - MR-1, FR-1

One Foot Every Other Square  
**Backward 2xs** - MR-1, FR-2

One Leg Hops - **Forward 2xs** - MR-1, FR-2

One Leg Hops - **Backward 2 xs** - MR-2, FR-3

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Ladder Drills

180 Degree Turns - Turning **Forward**-2xs  MR-1, FM-2

180 Degree Turns - Turning **Backward**-2xs  MR-1, FM-2

Two Feet Every other Square – **Forward**-2xs  MR-1, FR-1

Two Feet Every other Square – **Backward**-2xs  MR-2, FR-3

Two Feet Every Square – **Forward 2xs**  MR-1, FR-1

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Two Feet Every Square – Backward 2xs MR-1, FR-2

2 in 2 out (Forward-Backward) Right and Left 2xs, MR-1 FR-1

2 in 2 out Side (Right Side) Backward – MR-1,FR-1

2 in 2 out Side (Left Side) Backward – MR-1, FR-1
90 Degree side Turns – Forward 2xs – MR-3, FR-4

2 in 2 out Side (Right Side) Forward 2x’s– MR-1,FR-1

90 Degree side Turns – Backward 2xs – MR-4, FR-4

2 in 2 out Side (Left Side) Forward 2x’s – MR-1,FR-1
Hesitation Drill Forward & Backward 2x’s – MR-1, Fr-1

Hop Scotch Backward 2x’s – MR-1, FR-2

Hop Scotch Forward 2x’s – MR-1, FR-2
Ice Skater one Foot – Forward 2x’s MR-2, FR-3

Ice Skater one Foot – Backward 2x’s MR-3, FR-4

Ice Skater Two Feet – Forward 2x’s MR-2, FR-3

Ice Skater one Foot – Backward 2x’s MR-2, FR-3
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Ickey Shuffle - Forward 2x’s MR-1, Fr-1

In In Out – Right & Left 2x’s MR-1, Fr-1

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Jumping Jacks for Power - Backward 2x’s MR-1, Fr-2

Jumping Jacks for Power - Backward 2x’s MR-1, Fr-2

Jumping Jacks for Speed - Backward 2x’s MR-1, FR-2

Jumping Jacks for Speed - Backward 2x’s MR-1, FM-2
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Lighting Bolt - Forward 2x’s MR-1, FM-2

Lighting Bolt - Forward 2x’s MR-1, FM-2

One Foot In -- Forward 2x’s MR-1, FM-1

One Foot In -- Backward 2x’s MR-1, FM-1

One Leg Snake - Forward 2x’s MR-2, FM-3
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One Leg Snake - Backward 2x’s MR-3, FM-4

In and Out – Forward 2x’s MR-1, FM-2

In and Out – Backward 2x’s MR-1, FM-2

Outside Foot Behind – Backward 2x’s MR-2, FM-3

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Outside Foot in – Forward 2x’s MR-1, FM-2

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Power Lighting Bolt Shuffle – Forward 2x’s MR-2, FM-3

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Power Lighting Bolt Shuffle – Backward 2x’s MR-2, FR-3

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Scissor- Left 2x’s – MR-1, FR-2
Scissor- Right 2x’s – MR-1, FR-2

Out 2 in Hockey Hold - – Forward 2x’s MR-1, FM-2

Out 2 in Hockey Hold - – Backward 2x’s MR-2, FM-3

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