

xlathlete.com – Ladder Drills

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



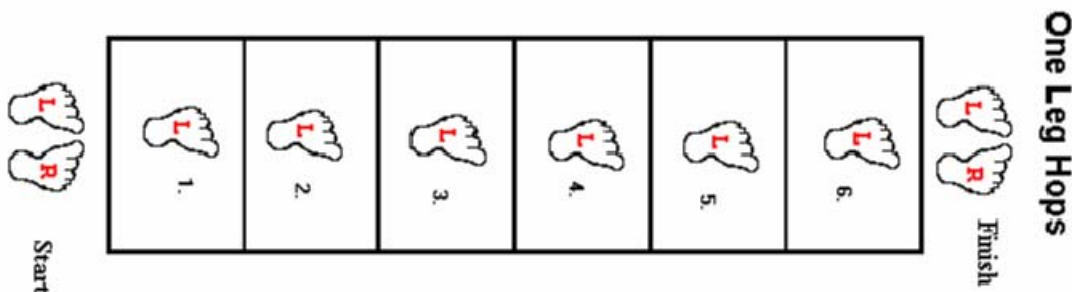
One Foot Every Other Square

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

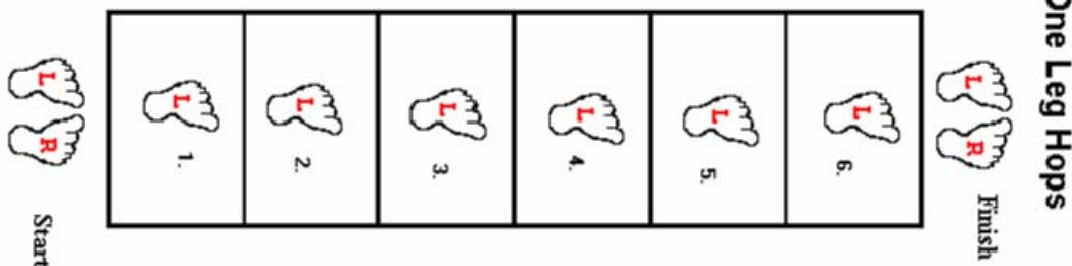


One Foot Every Other Square

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

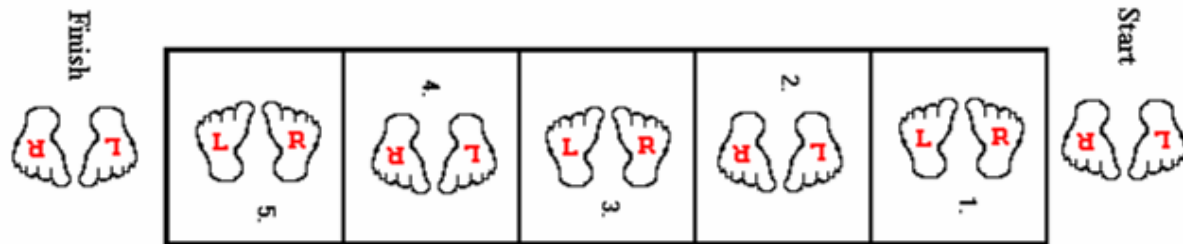


One Leg Hops - Backward 2xs - MR-2, FR-3

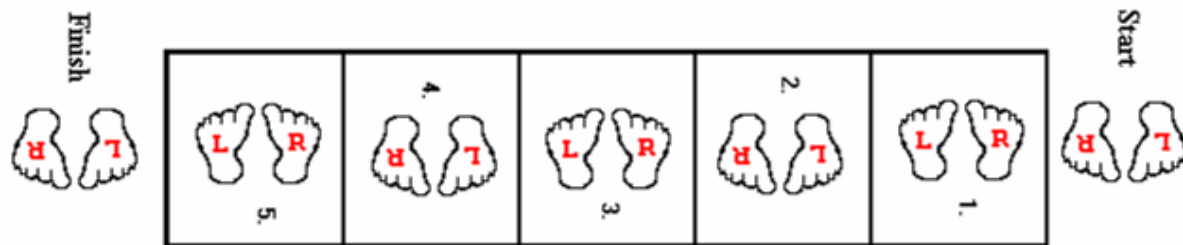


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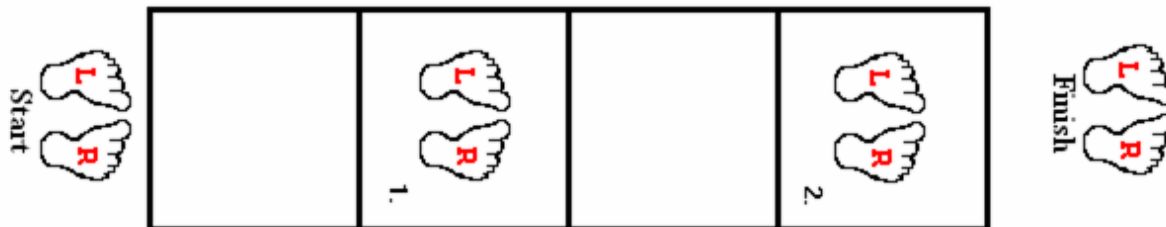
180 Degree Turns - Turning Forward-2xs MR-1, FM-2



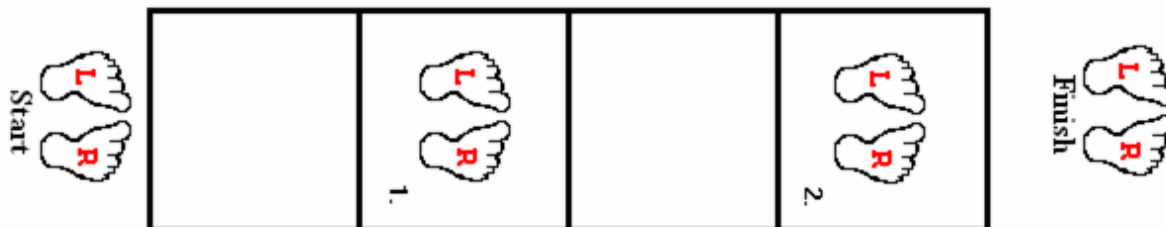
180 Degree Turns - Turning Backward-2xs MR-1, FM-2



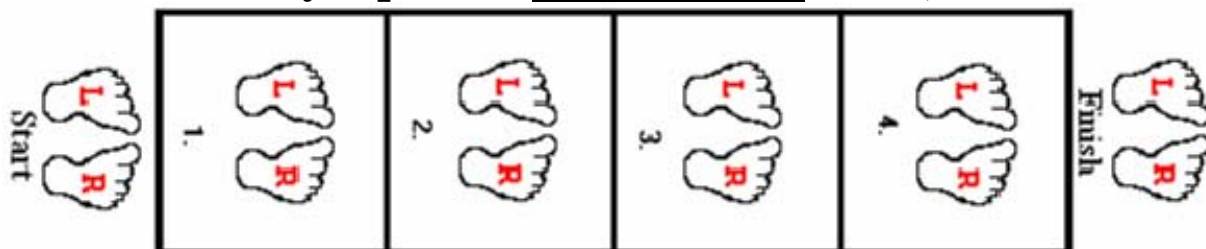
Two Feet Every other Square – Forward-2xs MR-1, FR-1



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

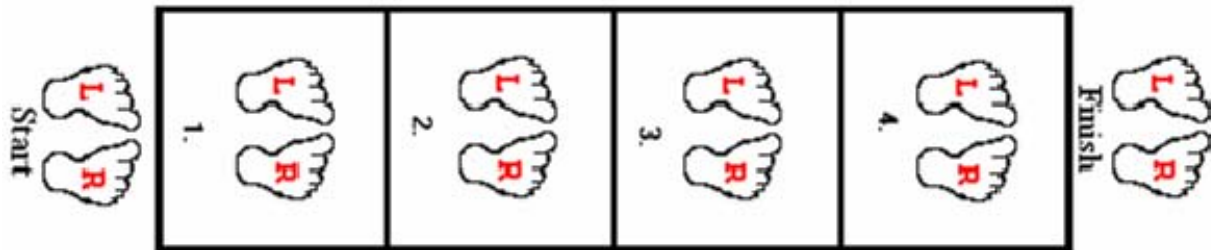


Two Feet Every Square – Forward 2xs MR-1, FR-1

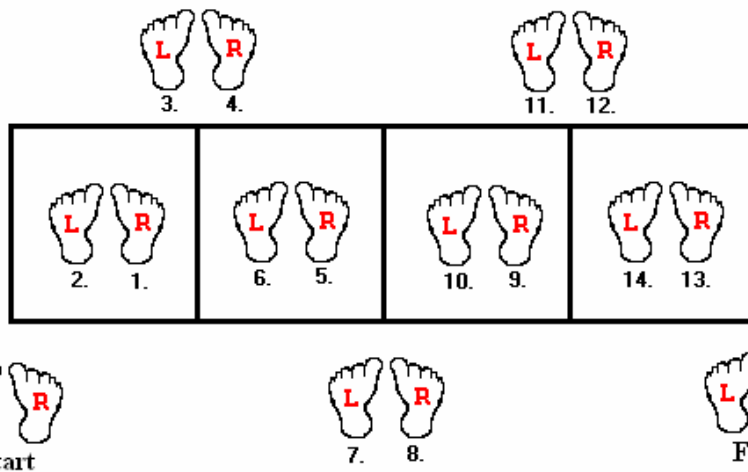


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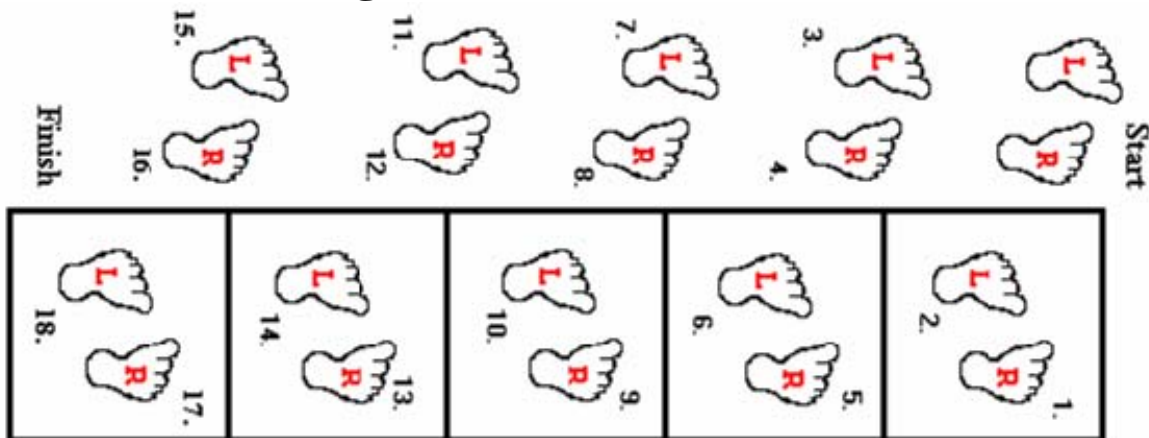
Two Feet Every Square – Backward 2xs MR-1, FR-2



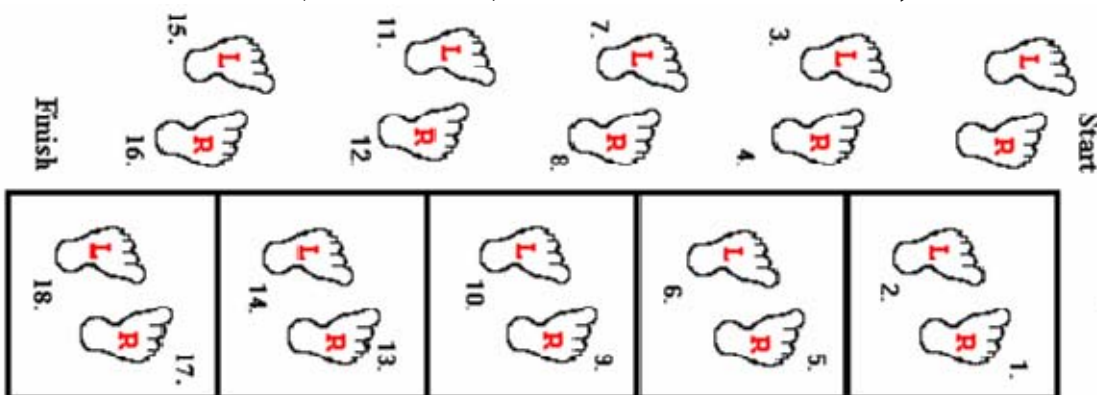
2 in 2 out (Forward-Backward) Right and Left 2xs, MR-1 FR-1



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



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



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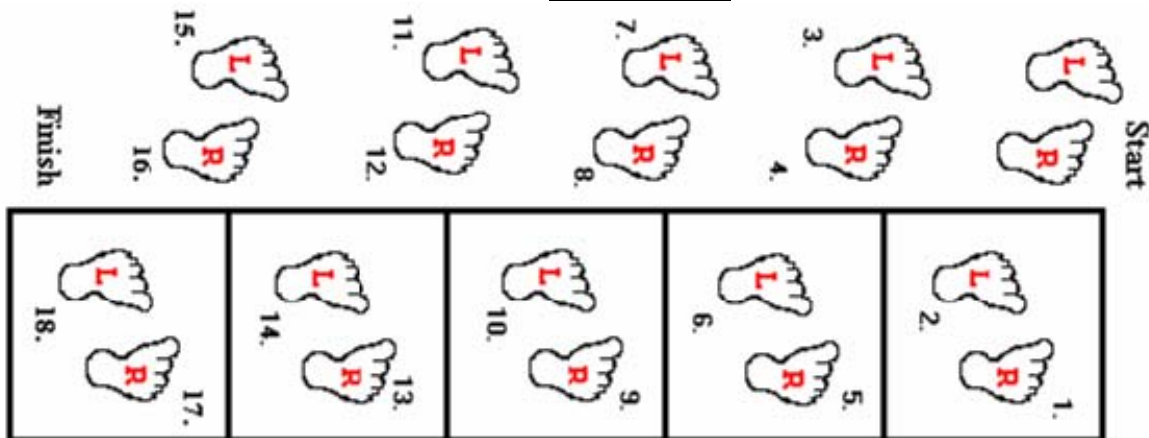
90 Degree side Turns – Forward 2xs – MR-3, FR-4



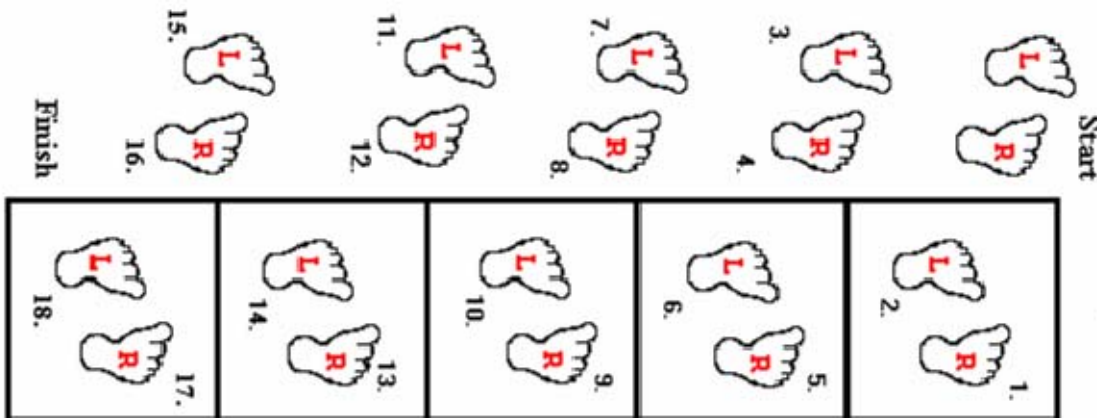
90 Degree side Turns – Backward 2xs – MR-4, FR-4



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

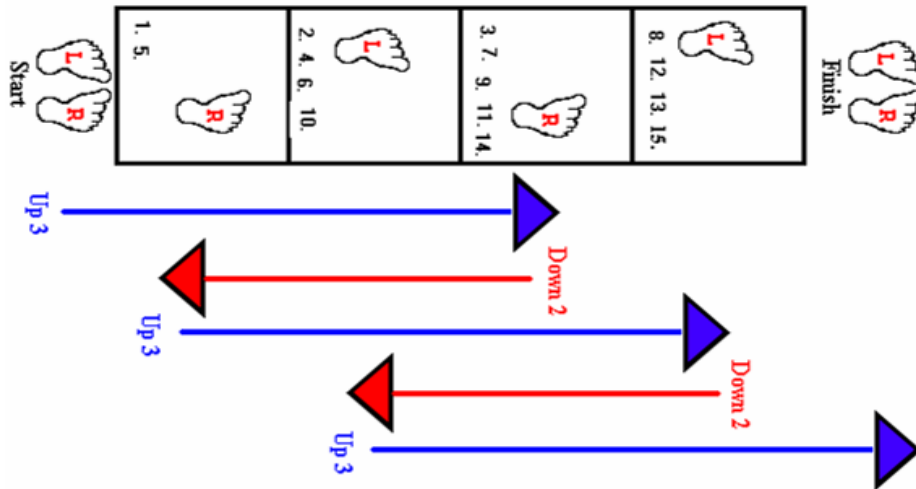


2 in 2 out Side (Left Side) Forward 2x's – MR-1,FR-1

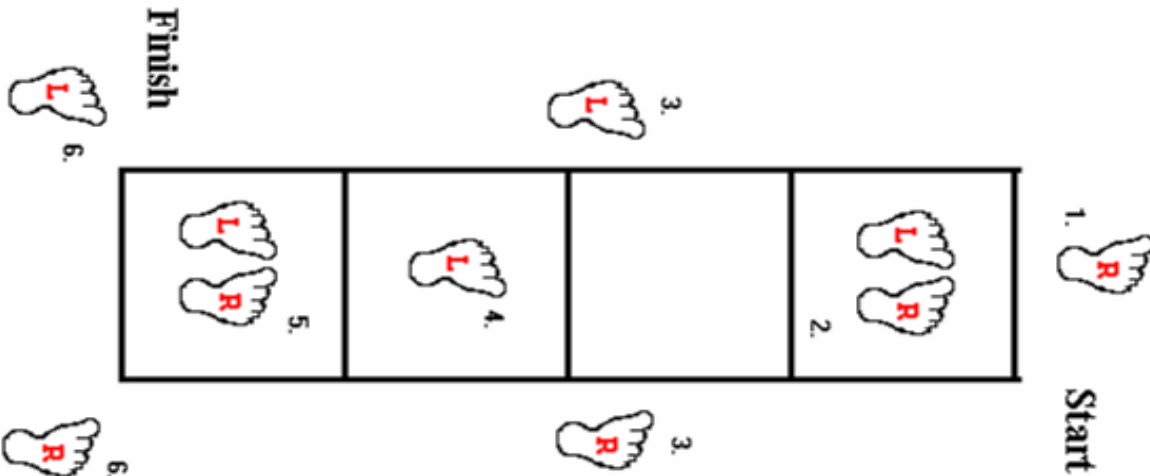


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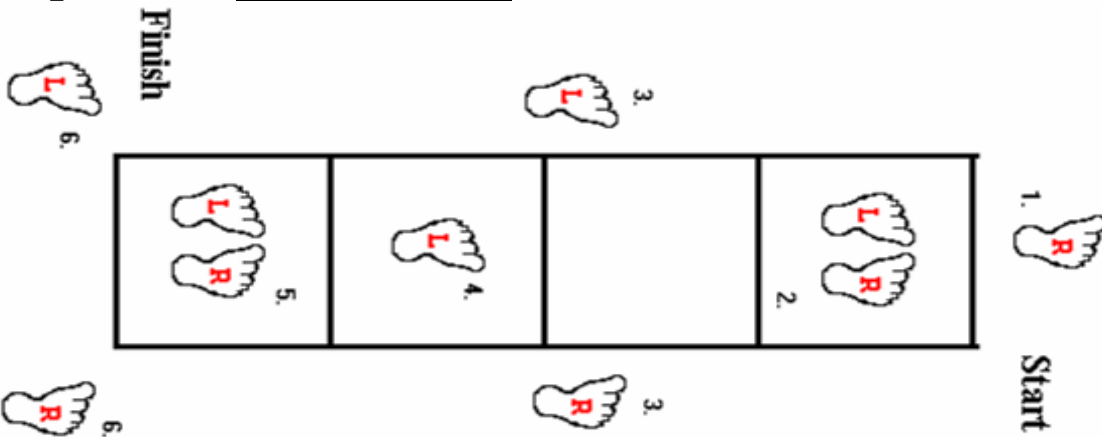
Hesitation Drill Forward & Backward 2x's– MR-1,Fr-1



Hop Scotch Backward 2x's – MR-1, FR-2

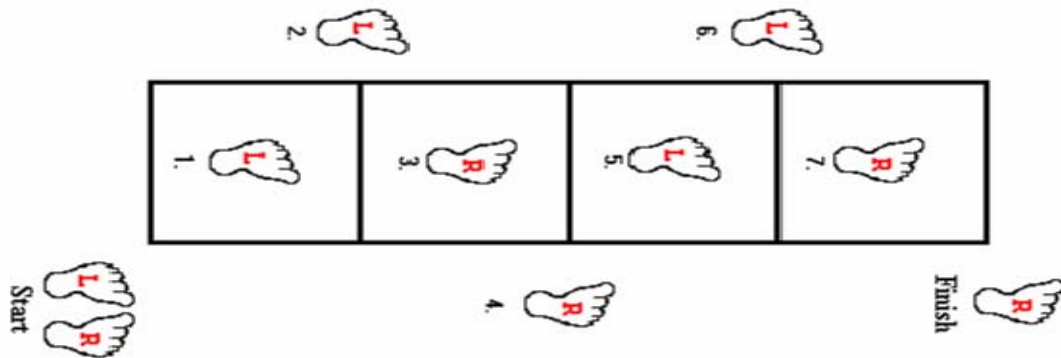


Hop Scotch Forward 2x's – MR-1, FR-2

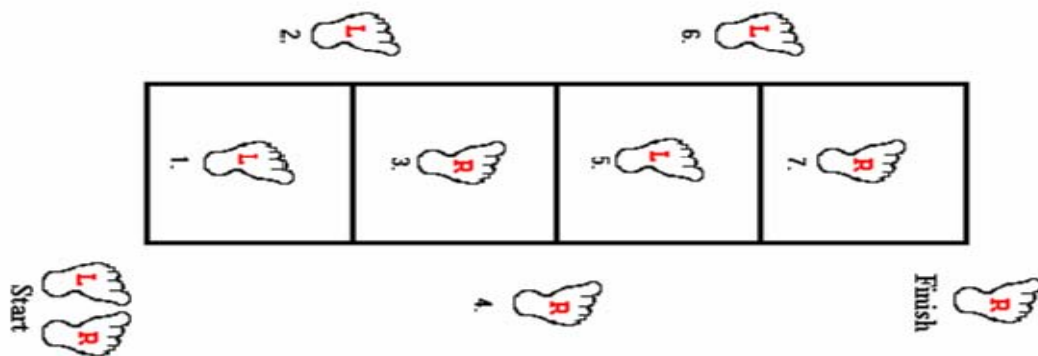


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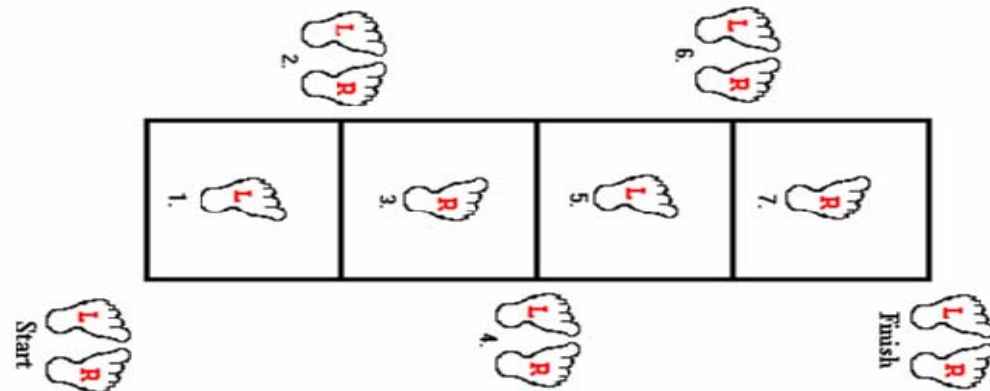
Ice Skater one Foot – Forward 2x's MR-2, FR-3



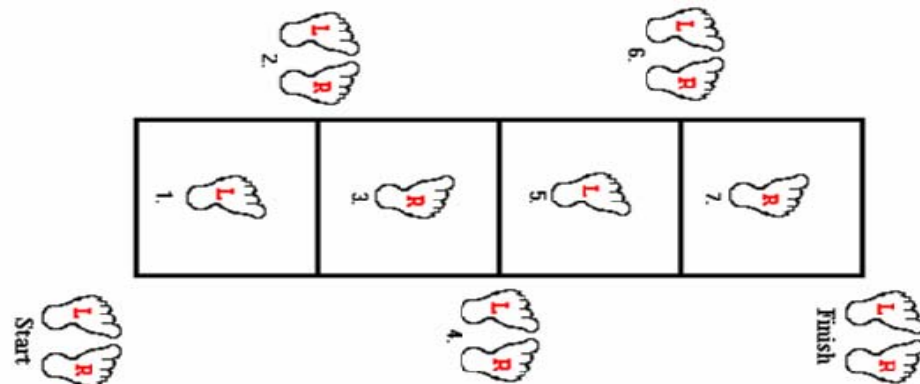
Ice Skater one Foot – Backward 2x's MR-3, FR-4



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

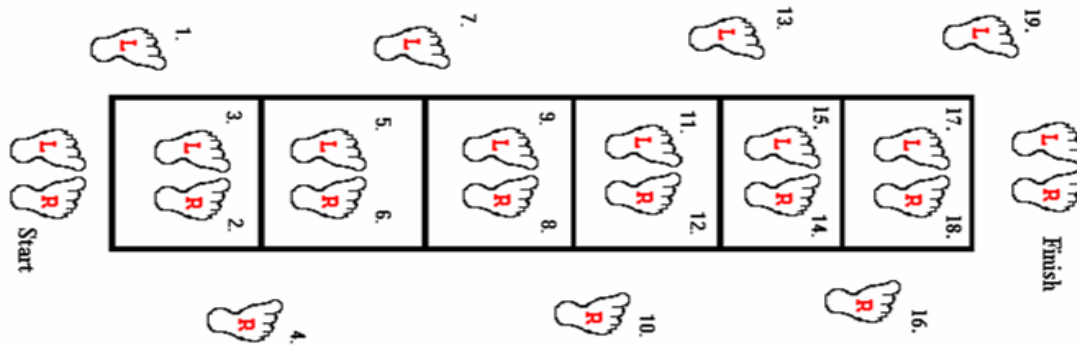


Ice Skater one Foot – Backward 2x's MR-2, FR-3

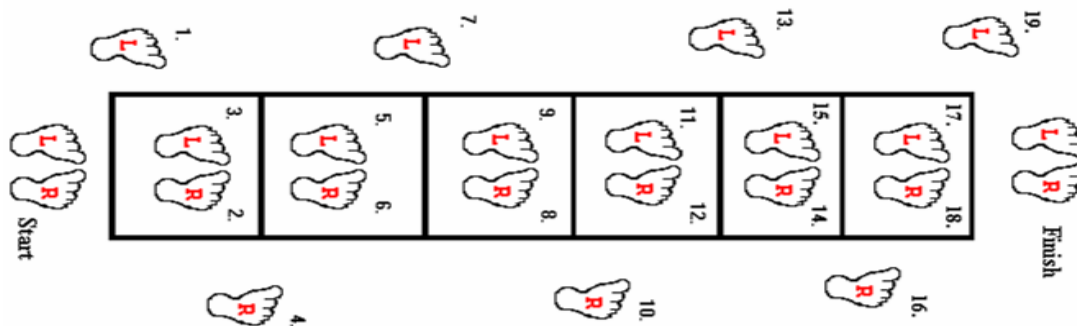


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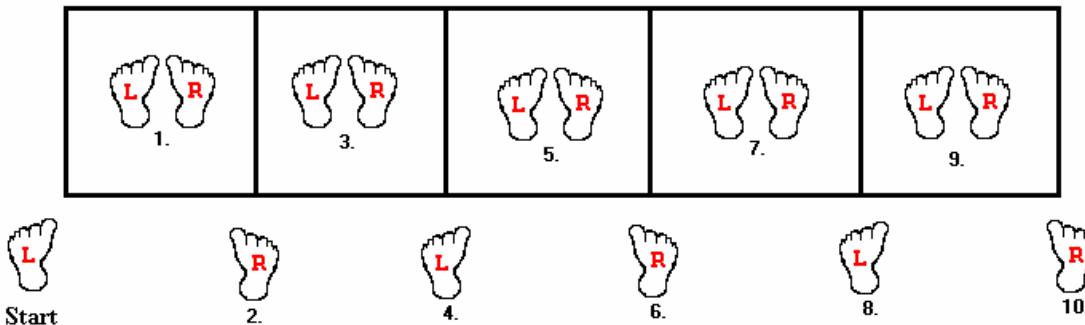
Ickey Shuffle - Forward 2x's MR-1,Fr-1



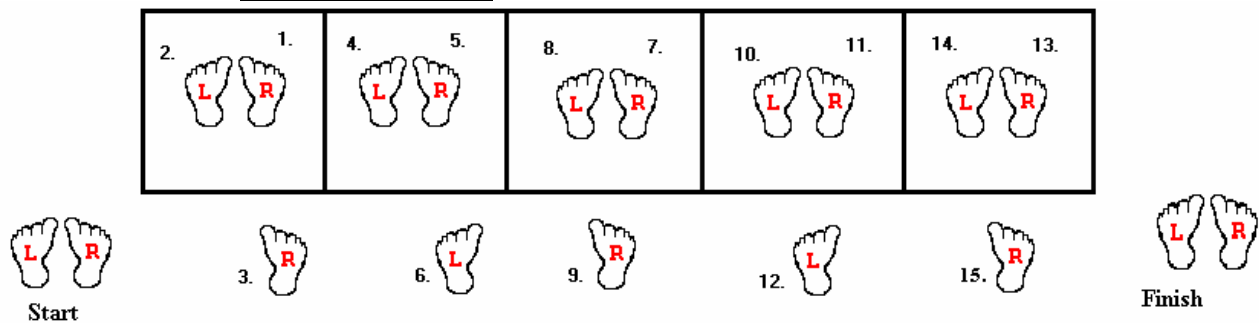
Ickey Shuffle - Backward 2x's MR-1,Fr-1



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

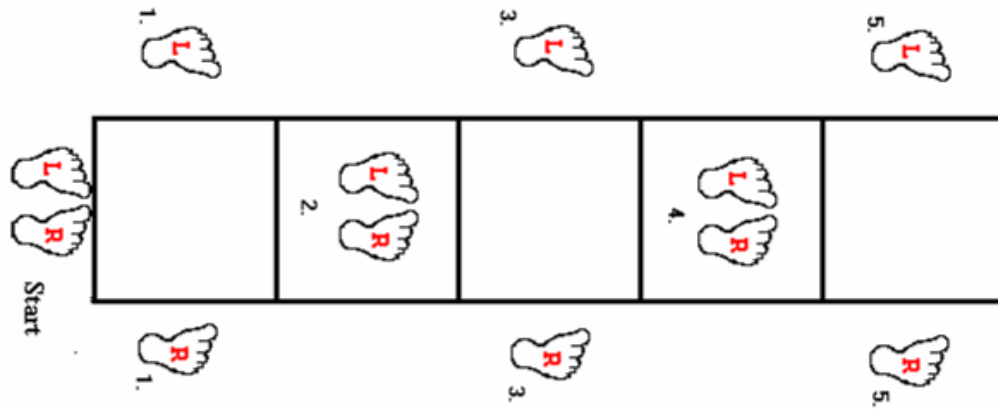


In In Out – Right & Left 2x's MR-1,Fr-1

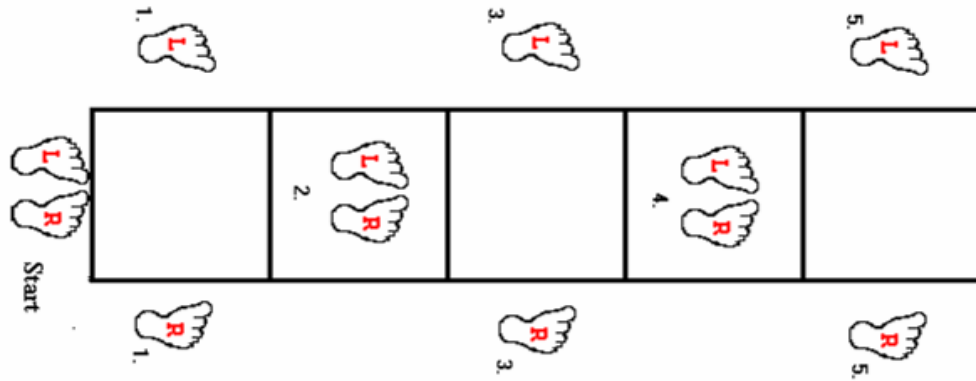


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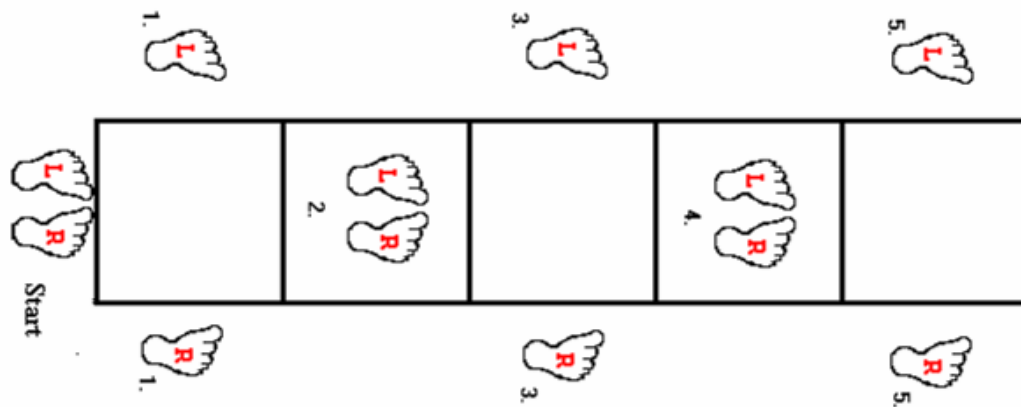
Jumping Jacks for Power- Backward 2x's MR-1,Fr-2



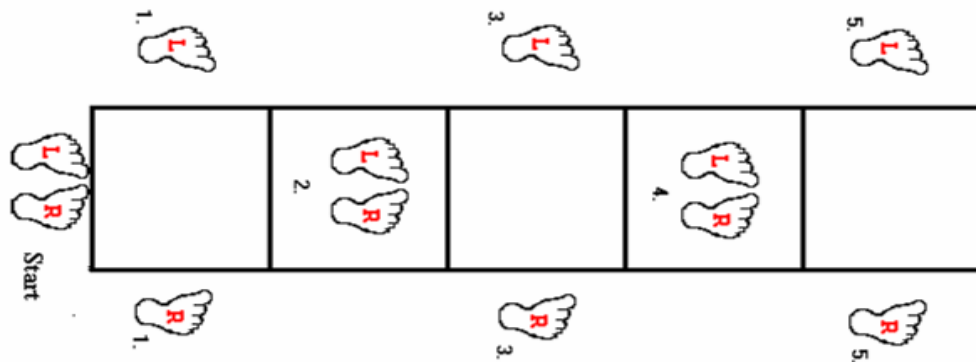
Jumping Jacks for Power- Backward 2x's MR-1,Fr-2



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

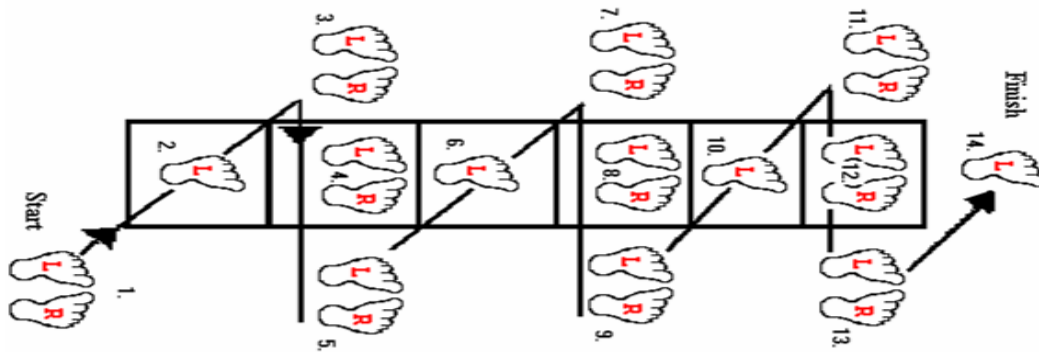


Jumping Jacks for Speed- Backward 2x's MR-1, FM-2

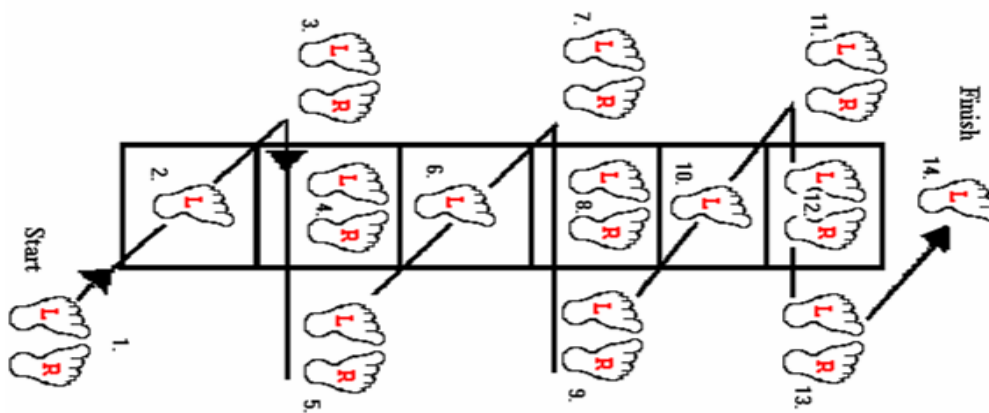


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Lighting Bolt - Forward 2x's MR-1, FM-2



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



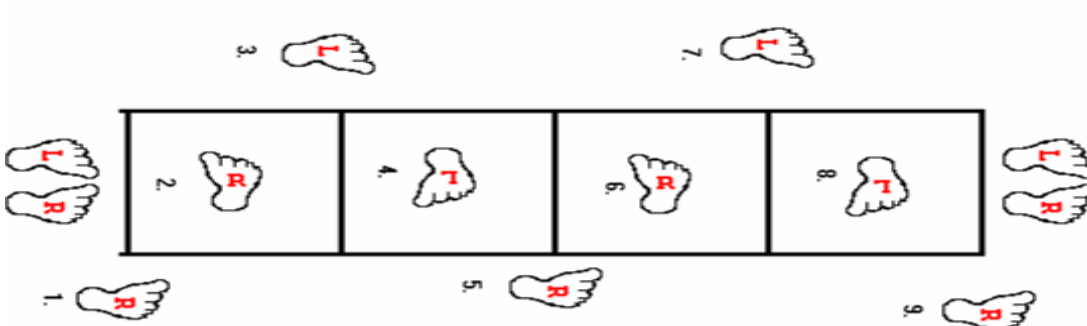
One Foot In -- Forward 2x's MR-1, FM-1



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

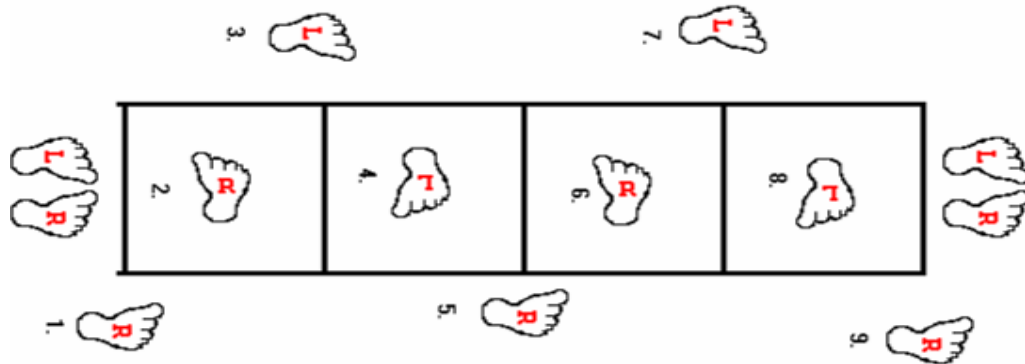


One Leg Snake- Forward 2x's MR-2, FM-3

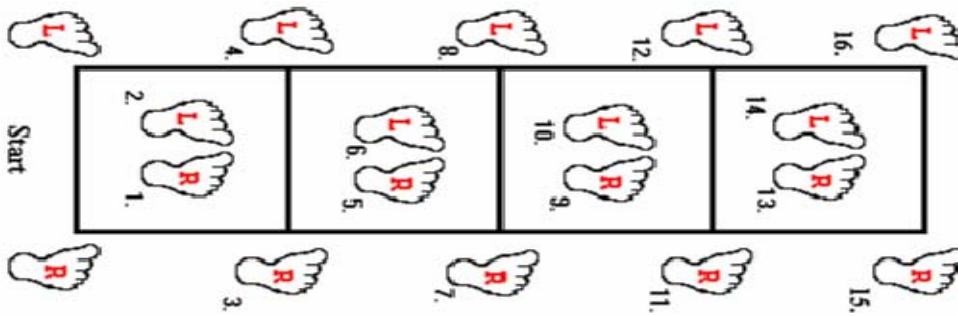


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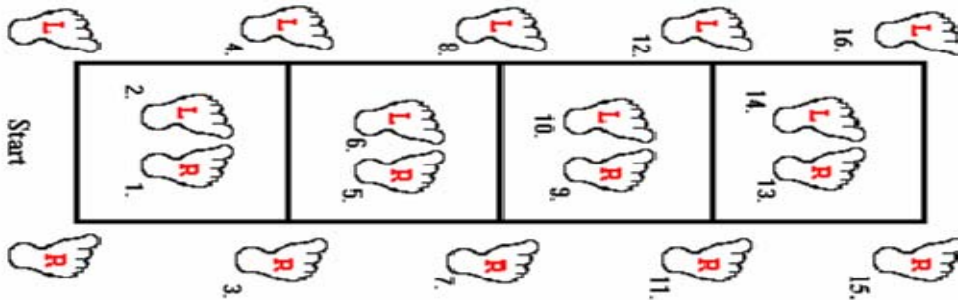
One Leg Snake- Backward 2x's MR-3,FM-4



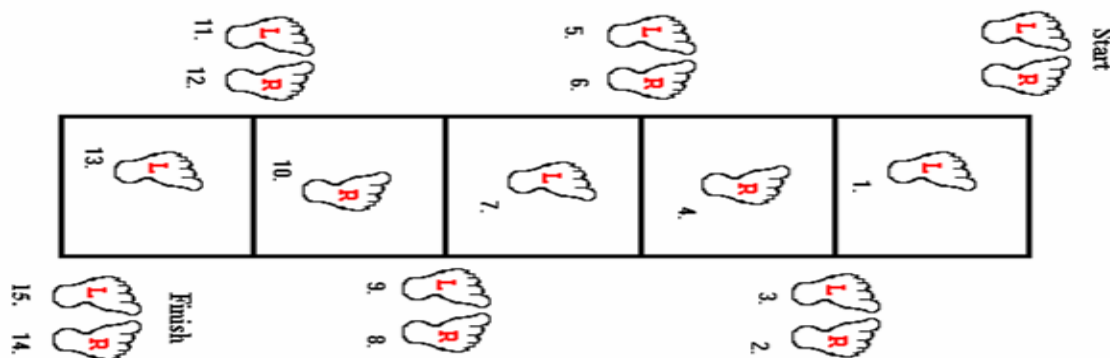
In and Out – Forward 2x's MR-1,FM-2



In and Out – Backward 2x's MR-1,FM-2

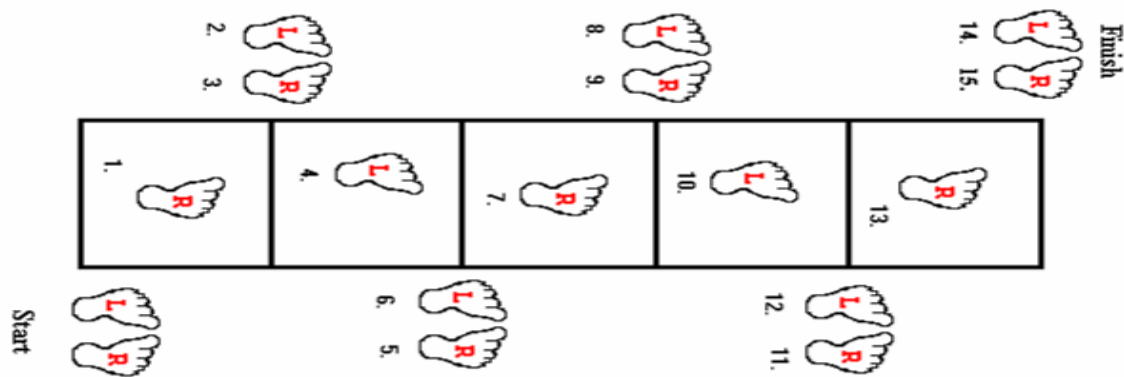


Outside Foot Behind -- Backward 2x's MR-2, FM-3

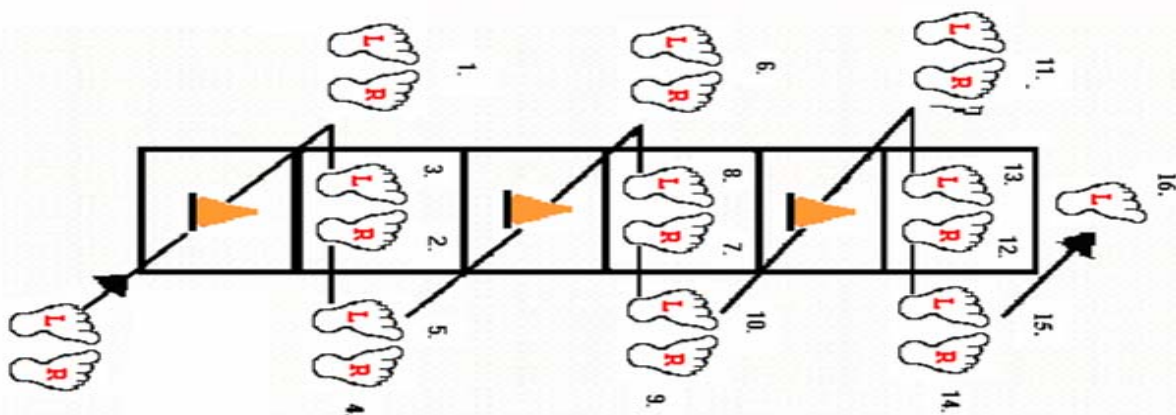


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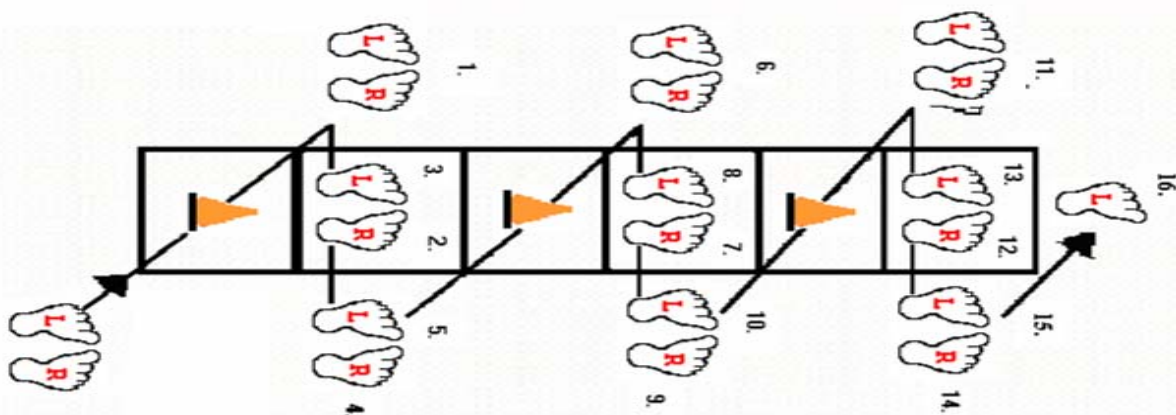
Outside Foot in – Forward 2x's MR-1, FM-2



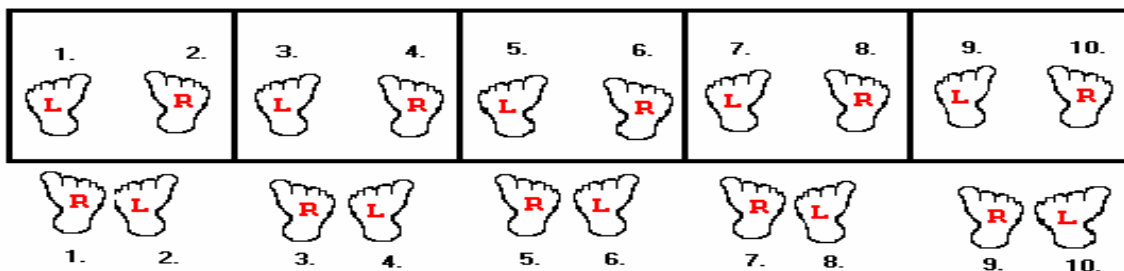
Power Lighting Bolt Shuffle – Forward 2x's MR-2, FM-3



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

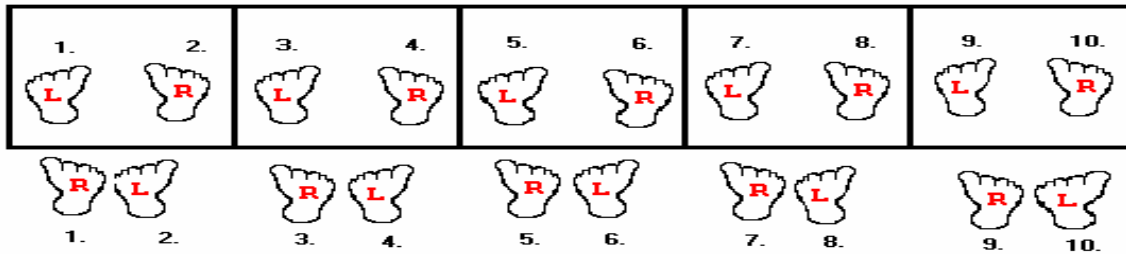


Scissor- Left 2x's – MR-1, FR-2

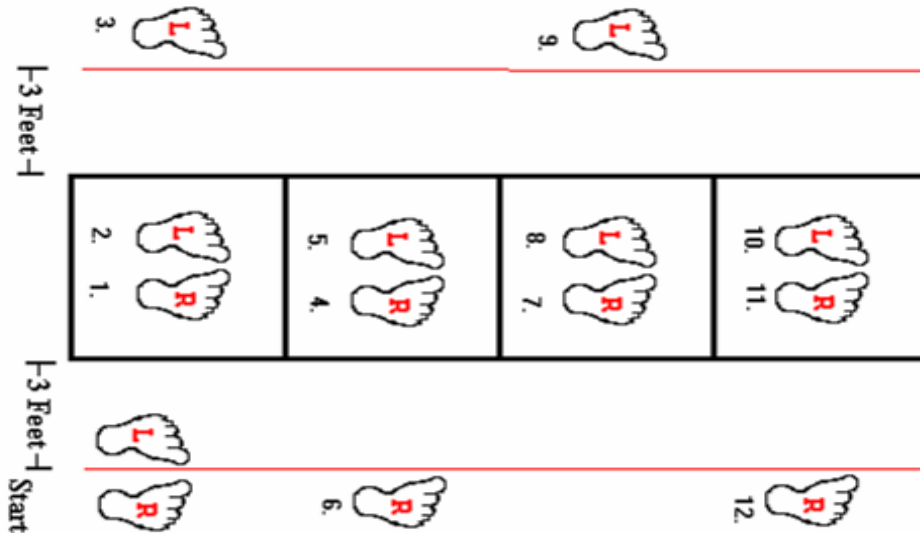


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Scissor- Right 2x's – MR-1, FR-2



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



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

