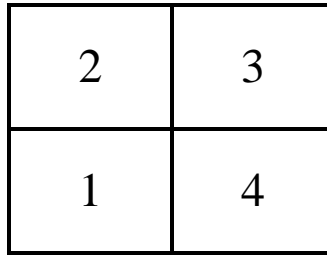


4-SQUARE FOOTWORK DRILLS



- The 4-Square pattern is taped down like a box with a number in each square as shown above.
- If you know where the numbers are you don't even need to tape down a box pattern, just perform the drills as if a box were outlined on the ground.
- Follow the number patterns below by jumping to each numbered box as fast as possible for the prescribed time period.
- Challenge yourself for footspeed and body control.

Workout #1

Double leg hops

1-2 2x 8 seconds
1-4 2x 8 seconds
1-3 2x 8 seconds
4-2 2x 8 seconds
1-2-3-4 2x 8 seconds
4-3-2-1 2x 8 seconds

Single leg hops

1-2 2x 5 seconds each leg
1-4 2x 5 seconds each leg
1-2-3-4 2x 5 seconds each leg
4-3-2-1 2x 5 seconds each leg

Workout #2

Double leg hops

1-2 2x 8 seconds
1-4 2x 8 seconds
1-2-3-1 2x 8 seconds
4-3-2-4 2x 8 seconds
1-2-3-4 2x 8 seconds
4-3-2-1 2x 8 seconds

Single leg hops

1-2 2x 5 seconds each leg
1-4 2x 5 seconds each leg
1-2-3-4 2x 5 seconds each leg
1-2-3-4 2x 5 seconds each leg

Workout #3

Double leg hops

1-2-3-1 2x 8 seconds
4-3-2-4 2x 8 seconds
1-4-2-1 2x 8 seconds
4-1-3-4 2x 8 seconds
1-3-4-1 2x 8 seconds
4-2-1-4 2x 8 seconds

Single leg hops

1-2-3-1 2x 5 seconds each leg
4-3-2-4 2x 5 seconds each leg
1-2-3-4 2x 5 seconds each leg
4-3-2-1 2x 5 seconds each leg

Workout #4

Double leg hops

1-2-3-4 2x 8 seconds
4-3-2-1 2x 8 seconds
1-3-2-4 2x 8 seconds
4-2-3-1 2x 8 seconds
1-2-4-3 2x 8 seconds
4-3-1-2 2x 8 seconds

Single leg hops

1-3-2-1 2x 5 seconds each leg
4-2-3-4 2x 5 seconds each leg
1-3-2-4 2x 5 seconds each leg
4-2-3-1 2x 5 seconds each leg

4-SQUARE FOOTWORK DRILLS

2	3
1	4

Workout #5

Double leg hops

1-2 2x 10 seconds
1-4 2x 10 seconds
1-3 2x 10 seconds
4-2 2x 10 seconds
1-2-3-4 2x 10 seconds
4-3-2-1 2x 10 seconds

Single leg hops

1-3 2x 8 seconds each leg
1-4 2x 8 seconds each leg
1-2-3-4 2x 8 seconds each leg
4-3-2-1 2x 8 seconds each leg

Workout #6

Double leg hops

1-2 2x 10 seconds
1-4 2x 10 seconds
1-2-3-1 2x 10 seconds
4-3-2-4 2x 10 seconds
1-2-3-4 2x 10 seconds
4-3-2-1 2x 10 seconds

Single leg hops

1-2 2x 8 seconds each leg
1-4 2x 8 seconds each leg
1-2-3-4 2x 8 seconds each leg
1-2-3-4 2x 8 seconds each leg

Workout #7

Double leg hops

1-2-3-1 2x 12 seconds
4-3-2-4 2x 12 seconds
1-4-2-1 2x 12 seconds
4-1-3-4 2x 12 seconds
1-3-4-1 2x 12 seconds
4-2-1-4 2x 12 seconds

Single leg hops

1-2-3-1 2x 8 seconds each leg
4-3-2-4 2x 8 seconds each leg
1-2-3-4 2x 8 seconds each leg
4-3-2-1 2x 8 seconds each leg

Workout #8

Double leg hops

1-2-3-4 2x 12 seconds
4-3-2-1 2x 12 seconds
1-3-2-4 2x 12 seconds
4-2-3-1 2x 12 seconds
1-2-4-3 2x 12 seconds
4-3-1-2 2x 12 seconds

Single leg hops

1-3-2-1 2x 8 seconds each leg
4-2-3-4 2x 8 seconds each leg
1-3-2-4 2x 8 seconds each leg
4-2-3-1 2x 8 seconds each leg