

Speed Training with Ladder/Cones

Each exercise can be performed with ladders or cones (please be creative if you do not have access to equipment)

1. One Foot
2. Two Feet
3. Two Feet (Lateral)
4. Two Forward – One Back
5. Icky Shuffle (Typewriter)
6. Backwards Icky Shuffle (Typewriter)
7. In – Out (Two Feet)
8. Crazy Legs (Bonus Kit Casey)

*Perform each exercise 6 times (3 there and back)

* Repeat circuit 2/3 times

*2 mins rest between each circuit

Coaching Points

- *Opposites with legs and arms (right leg down/left arm out)
- * Fast sharp feet (faster than the old man in the video)
- * Exercise with both feet on the ground use both arms for leverage

