

Speed Training with Ladder/Cones 2

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

1. Single Leg In - Out
2. Hopscotch
3. Crossover
4. Reverse Crossover
5. Two Foot Hop
6. One Foot Hop
7. Slalom Jump

*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

