

Dot Drill

1. Up and Back

- A. Start with feet on A and B.
- B. Jump quickly to C with both feet.
- C. Jump and split feet to D and E.
- D. Come back the same way, jumping backward.
- E. Repeat five more times.

2. Right Foot

- A. Feet should end up on dots A and B.
- B. Jump to dot C with your right foot.
- C. Now go in order: D, E, C, A, B.
- D. Repeat five more times.

3. Left Foot

- A. You will end the right foot drill on dot B.
- B. Now jump to dot C with your left foot.
- C. Now go in order: D, E, C, A, B.
- D. Repeat five more times.

4. Both Feet

- A. You will end up the left drill on dot B.
- B. Jump to C with both feet.
- C. Now go in order with both feet: D, E, C, A, B.
- D. Repeat five more times.

5. Turn Around

- A. Both feet are on dot B. Jump with both feet to dot C.
- B. Now split both feet as you jump and land on dots D and E
- C. Now quickly jump 180 degrees clockwise to face the other way. You are still on D and E.
- D. Jump to C with both feet and then A and B with feet split.
- E. Repeat 180 degree spin to the left with feet still on A and B.
- F. Repeat five more times.