

Ladder Drills

1. Two Feet In---Straight/Lateral
2. One Foot In Running---Forward/Backward
3. Two Feet In-Two feet Out---Forward/Backward/Lateral
4. Cross-over Front---Forward/Backwards
5. Cross-over Behind---Forward/Backwards
6. Carioca-One foot in each square---Lateral
7. Hip Fire---Lateral
8. One Foot In-Two Feet Out---Side to side shuffle
9. Right In-Left Over-Right Out---Lateral
10. Left In-Right Over-Left Out---Lateral
11. Two Foot Hops---Straight/Lateral
12. Two Foot Hops with Twist---Straight
13. One Foot Hops---Straight/Lateral
14. Side to Side Power Skakes---Straight
15. Right In-Left Out-Right In---Lateral
16. Left In-Right Out-Left In---Lateral
17. Two Foot Zig-Zag---Forward/Backwards
18. One Foot Zig Zag---Forward/Backwards