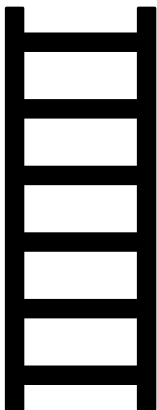




LADDER DRILLS

FOOT PATTERNS



- Two feet in each square
 - Second time lead with opposite foot
- Lateral movement, two feet in each box
 - Second time, lead with opposite foot
- Two feet in, two feet out
- One foot in, two feet out (hopscotch style)
- Ski jump (feet together in and out)
 - Second time, opposite side
- Ickey Shuffle: In, in, out
- Tango: Crossover foot in, two feet outside (hip swivel)
- Waltz: Like the tango, but cross behind to step in