

### **Speed: Short Ladder Drills:**

- players in groups of 4
- perform the following ladder patterns, for 1.5 minutes each:
- 1 foot contact between each square/ sprint 5m forward
- 2 feet contacts between each square (right/left) / sprint 5m forward
- 2 feet contacts between each square (left/right) / sprint 5m forward
- 2 feet contacts between each square (right/left sideways) / sprint 5m forward
- 2 feet contacts between each square (left/right sideways) / sprint 5m forward

