

### **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
- 3 feet contacts between each square (in/in/out) / sprint 5m forward
- 4 feet contacts between each square (in/in/out/out/right/left) / sprint 5m forward
- 4 feet contacts between each square (in/in/out/out/left/right) / sprint 5m forward
- 2 feet jumps / sprint 5m forward

