



# Ladder Drill Workout

**If you do not have a ladder use chalk and draw it out on the concrete!**

## Warm-Up

On the balls of your feet, use your arms (move them quickly and use your power and focus on the backward movement of your arms)

Taylor Cummings Video Example (<https://www.youtube.com/watch?v=BKyeI5-DILk>)

1. 1 foot in lead right
2. 1 foot in lead left
3. 2 feet in lead right
4. 2 feet in lead left
5. side shuffle lead right
6. side shuffle lead left
7. icky shuffle (start one foot in and one foot out; in, in, out) Keep your weight over the ladder for the icky shuffle
8. slalom
9. scissor kicks
10. 2 forward 1 back