

University of Wyoming Speed Ladder

*All drills can also be performed moving backwards through the ladder

L3
R3
L2
R2
L1
R1

L R

One Foot Each Square

Stand facing into the ladder. Step into the first square with the right foot. Step into the second square with the left foot. Go through the rest of the ladder placing one foot in each rung. Can be performed with high knees or ankling.

L6R6
L5R5
L4R4
L3R3
L2R2
L1R1

L R

Two Feet Each Square

Stand facing into the ladder. Step into the first square with the right then the left foot. Go through the ladder placing the right foot followed by the left foot in each rung. Also perform with the left foot leading. Can be performed with high knees or ankling.

L8R8
L7R7
L5R6
L4R4
L2R3
L1R1

L6

L3

L R

2 In – 1 Out

Stand facing into the ladder. Step into the first square with the right then the left foot. Step outside of the second square with right foot. Step into the second square with left foot followed by the right foot. Step outside of the third square with left foot. Step into the third square with right foot followed by the left foot. Repeat this pattern the length of the ladder.

L9R10

L6R7

L3R4

R9
L7
R6
L4
R3
L1R1

L R

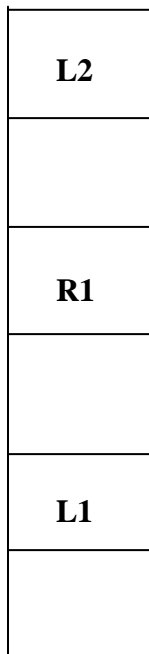
2 Out – 1 In

Stand facing into the ladder. Step into the first square with the right then the left foot. Step outside of the second square with your left foot then out with your right foot. Next step in the second square with your right foot. Step out of the second square with your left foot followed by your right. Next step in the third square with your left foot. Step out of the third square with your right foot followed by your left. Repeat this pattern the length of the ladder.

L8R8

L5R5

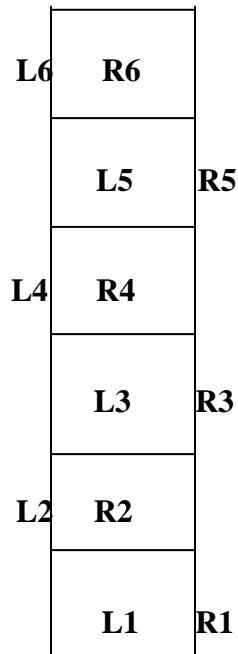
L2R2



L R

Every Other Rung

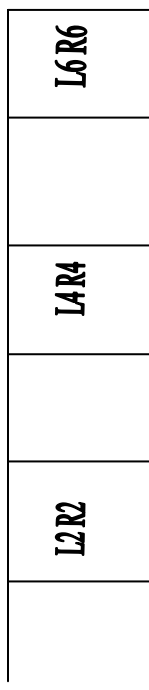
Stand facing into the ladder. Step into the second square with the left foot. Step into the fourth square with the right foot. Repeat this pattern the length of the ladder.



L R

Ricochet

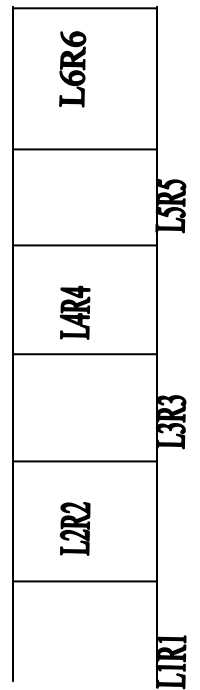
Stand facing into the ladder. Jump both feet at the same time with the left foot landing in the first square and the right foot to the right of the first square. Then jump both feet at the same time with the right foot landing in the second square and the left foot to the left of the second square. Repeat this pattern the length of the ladder.



L R

Side Shuffle – Inside Foot

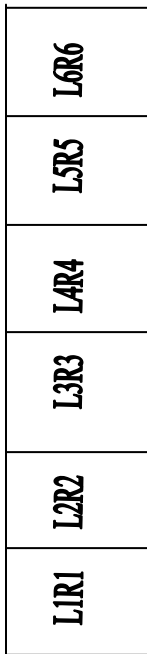
Start with your right shoulder facing the ladder. Step back outside of the first square with the right foot followed by the left foot. Step forward into the second square with the right foot followed by the left foot. Step back outside of the third square with the right foot followed by the left foot. Step forward into the fourth square with the right foot followed by the left foot. Repeat this pattern the length of the ladder. ~Repeat with the left shoulder facing the ladder.



L R

Side Shuffle– Outside Foot Crossover

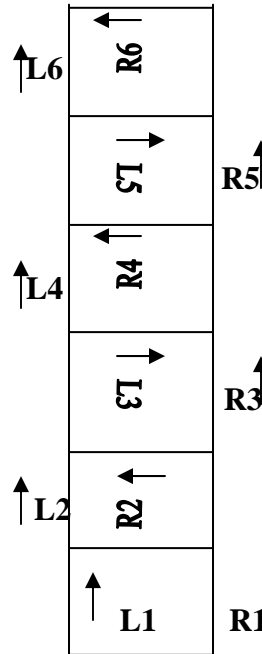
Start with your right shoulder facing the ladder. Step back outside of the first square with the left foot followed by the right foot. Step forward into the second square with the left foot followed by the right foot. Step back outside of the third square with the left foot followed by the right foot. Step forward into the fourth square with the left foot followed by the right foot. Repeat this pattern the length of the ladder. ~Repeat with the left shoulder facing the ladder.



L R

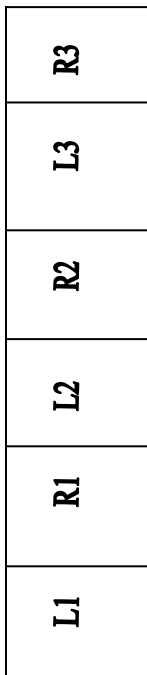
Lateral 2-In

Start with your right shoulder facing the ladder. Step with the right foot followed by the left foot into the first square. Step with the right foot followed by the left foot into the second square. Repeat this pattern the length of the ladder.
~Repeat with the left shoulder facing the ladder.



Hip Hops

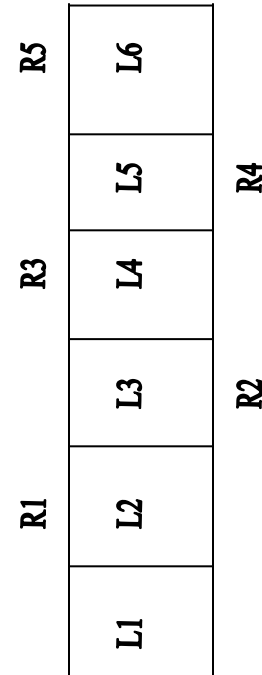
Start looking down the ladder with your left foot inside the rung, right foot out. Hop, keeping your shoulders square, and turn your hips so your right foot is now in the next rung. Then hop so your left foot is now outside next to your right foot. Hop turning your left foot in, followed by a hop moving your right foot outside and next to your left, etc.



L R

Carioca

Start with your right shoulder facing the ladder. Step left foot in front of right into the first square. Step laterally with the right foot into the second square. Cross your left foot behind right into third square. Step laterally with the right foot into the fourth square. Repeat this pattern the length of the ladder.
~Repeat with the left shoulder facing the ladder, and keeping right foot in the ladder.



Scissors

Start with your right shoulder facing the ladder. Place left foot in first square, and right foot above the second square. Jump off of both feet with the left foot landing in the second square and right foot behind the third square. Jump off of both feet with the left foot landing in the third square and right foot in front of the fourth square. Repeat this pattern the length of the ladder.
~ Repeat with the left shoulder facing the ladder, and keeping right foot in the ladder.

L13	L12R12	R13
L11	L10R10	R11
L9	L8R8	R9
L7	L6R6	R7
L5	L4R4	R5
L3	L2R2	R3
L1R1		

Jumping Jacks

Stand facing into the ladder. Jump into the first square with both feet. Jump outside of first square with both feet. Jump into the second square with both feet. Jump outside of the second square with both feet. Repeat this pattern the length of the ladder.

L12	R12	L12	R12
L10	R10	L10	R10
L8	R8	L8	R8
L6	R6	L6	R6
L4	R4	L4	R4
L2	R2	L2	R2
L1	R1	L3	R3
		L5	R5
		L7	R7
		L9	R9
		L11	R11

Sideways Front/ Back Shuffle (Both)

Stand on the right side of the ladder facing the side of the ladder. Step in the first square with the right foot then the left foot. Then step out facing the second square with the right foot followed by the left. Step in the second square with the right foot then the left foot. Then step out facing the third square with the right foot followed by the left. Repeat this pattern for the length of the ladder.
~Repeat, starting from the left side leading with the left foot