



JUNIOR TRAINING CAMP

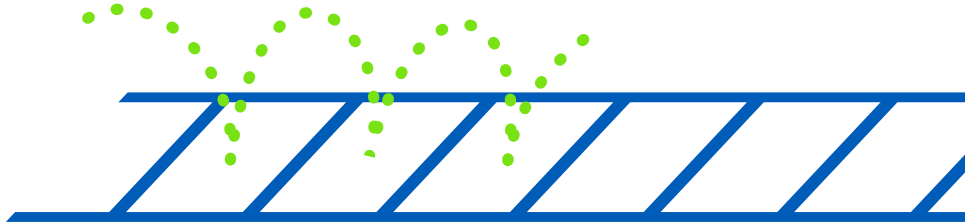
CAMP FOR AGES 7-14

Day 1: LADDER DRILLS

SET UP

Lay the ladder flat on the ground, preferably on grass or turf.

If you do not have a ladder at home you can use sidewalk chalk, duct tape or a rope. Each "square" should be about 12 inches square.



Repeat each drill as many times as you prefer and for an extra challenge, try each drill without stepping on the lines. Most importantly, **HAVE FUN!**

BEGINNER

Drill 1: Right and Left Foot Hopping

- Balance on the ball of your right foot
- Jump through every square of the ladder
- Repeat on your left foot

Drill 2: Ladder Run Through

- Run through the ladder with one foot through each hole
- Lead with your right foot, replacing with your left foot

- On the way back, lead with your left foot, replacing with your right foot

Drill 3: Lateral 2 In, 2 Out

- Facing the ladder, start with your right foot entering the box followed by your left foot
- Step out with your right foot and then your left foot
- Continue all the way through the ladder
- On the way back, start with your left foot

ADVANCED

Drill 1: Right Foot, Left Foot Stutterstep

- Start with the ladder next to your right foot
- Plant your right foot in and out of the box, working your way down the ladder
- Repeat with your left foot on the way back

Drill 2: Bottom, Top Shuffle

- Start facing the ladder with both feet out
- Step your right foot in, replace with your left foot
- Step above the ladder with your right foot, replace with your left foot
- Go backwards with your right foot, replace with your left foot

- Come out of the ladder with your right foot, replace with your left foot
- Repeat with your left foot starting on the way back

Drill 3: Ickey Shuffle

- Start with the ladder next to your right foot
- Step with your right foot in, replace with your left foot
- Step out with your right foot, bring your left foot to the top of the next square
- Go backwards on the way back