

## Footwork Exercises

These exercises deal with **Foot Speed, Agility, Power** and then with **Kinesthetic Sense**. (Kinesthetic Sense - Dealing with the control of your body while in the air.)

Each exercise should be done in progression from easiest to hardest and from speed to agility to power to all combined (kinesthetic sense),

**Speed Drills - Exercises 1 thru 8** (Each Drill is repeated 5 times)

- 1) Quick step through the cones on the front of the foot (ball and toes). Touch the ground as many times as possible. Run back to the end of the line.



- 2) Quick step through the cones sideways. Touch the ground as many times as possible. Run back to the end of the line. Repeat 5 times.



- 3) Same as # 2, but facing in the other direction.

- 4) Quick step through the cones backwards. Don't look behind you. Judge your position by watching the cones that you have already passed.

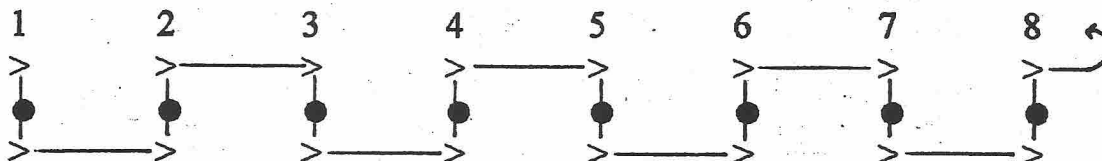
- 5) Run over the cones. Each foot lands in a space between two cones making sure you go over each cone (right, left, right, left)



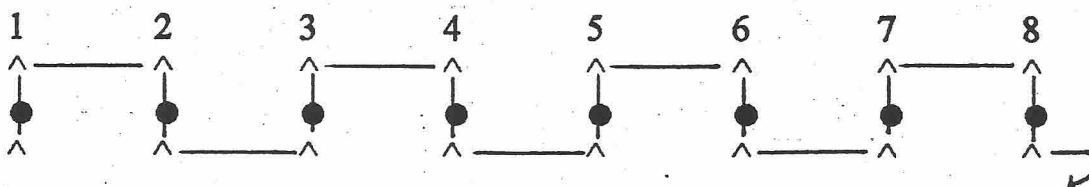
- 6) Two footed bunny hop over each cone. Keep feet together. Land in every space. Work on speed but **keep in control**.
- 7) Right footed hopping over each cone. Bend your left leg at the knee and raise your left foot off the ground. Land in every space. Work on speed but **keep in control**.
- 8) Left footed hopping over each cone. Bend your right leg at the knee and raise your right foot off the ground. Land in every space. Work on speed but **keep in control**.

## Agility Drills - Exercises 9 thru 14 (Each drill is repeated 5 times)

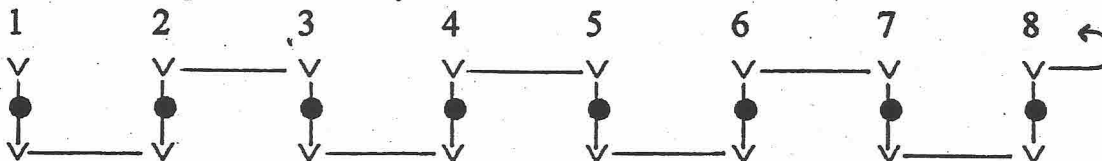
- 9) Stand to the left of the first cone facing the direction of the line of cones. With feet together, jump sideways over the cone landing on the right side of the same cone. Jump forward, landing on the right side of cone number 2. Now jump sideways over cone 2 and then jump forward again. You are now to the left of cone 3. Continue in the same manner to the last cone. Run to the back of the line.



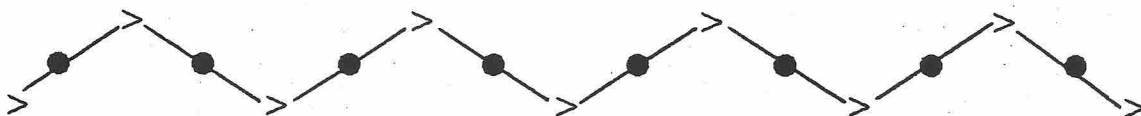
- 10) Stand to the right of cone 1, facing the cone. With feet together, jump forward over cone 1. Jump sideways to your right, landing in front of cone 2. Now jump backward over cone 2 and jump to your right again. Jump forward over cone 3 and continue in the same manner to the last cone. Run to the back of the line.



- 10a) The same as 10 except you start on the other side of cone 1. Your sideways jumps will be to your left.



Diagonal Jumps (11, 12, & 13) Remain facing forward along the line of cones. Your starting position is behind and to the right of cone 1. Jump forward at a 45° angle passing over cone 1 and landing behind and to the left of cone 2. Continue in the same manner to the last cone. Run to the back of the line.



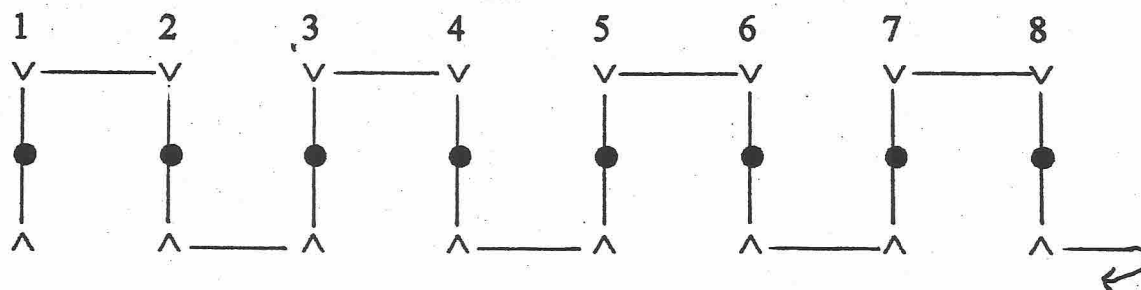
- 11) Two footed diagonal jumps over the cones.
- 12) Right footed diagonal jumps over the cones.
- 13) Left footed diagonal jumps over the cones.

- 14) With your feet together jump over both cones 1 & 2 in one jump then jump backward over cone 2. Jump forward over both cones 2 & 3 in one jump and then jump backward over cone 3. Continue in the same manner to the last cone. Run to the back of the line.

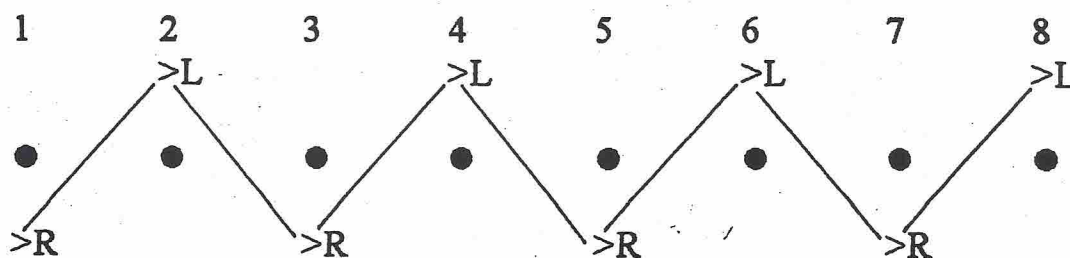
### Control, Power and Kinesthetic Sense - Exercises 15 thru 20

Hopping for height (15,16 & 17) - Spring upward off of the balls of your feet and your toes and bring your knees up to your chest. As you reach the highest part of your jump, you should hear your knees hitting your chest. Your arms start at your sides and you swing them forward and upward as you rise as if reaching to catch a very high shot. As you land, absorb the impact by bending your legs and lowering your arms and then immediately spring upward again.

- 15) Two footed hopping for height. Jump over each cone.
- 16) Right footed hopping for height. Jump over each cone.
- 17) Left footed hopping for height. Jump over each cone.
- 18) Stand beside cone #1, facing the cone. Jump over the cone, spinning 180° in the air and land facing the cone. Now jump sideways so that you are beside cone #2, facing the cone. Continue in the same manner to the last cone. Run to the back of the line.



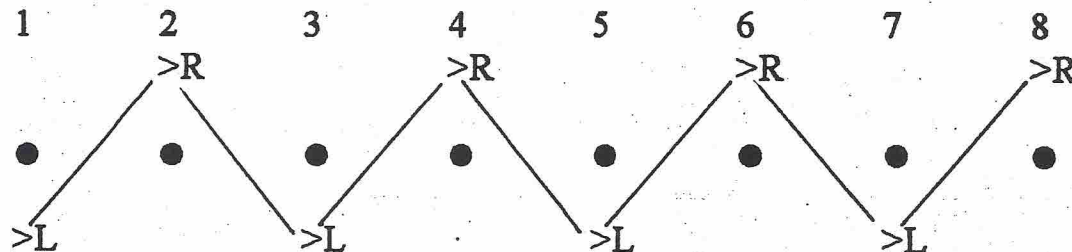
- 19) One legged slalom for control and power. **Push off and land forcefully.** Stand to the right of cone #1 on your right foot, facing down the line. Push off jumping left and forward, landing on your left foot to the left of cone #2. Push off jumping right and forward, landing on your right foot to the right of cone #3. Continue in the same manner to the last cone. Run to the back of the line.



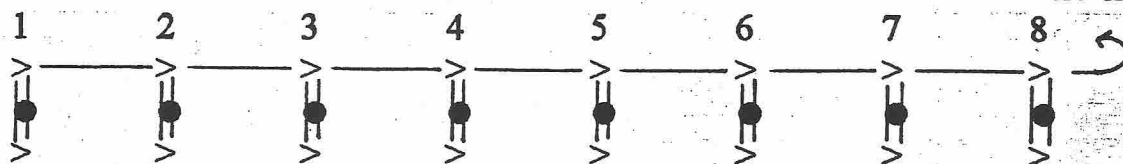


19a) Same as 19 except that you cross your legs as you jump.

Stand to the right of cone #1 on your left foot, facing down the line. Push off jumping left and forward. Cross your right leg in front of your left and land on your right foot to the left of cone #2. Push off jumping right and forward. Cross your left leg in front of your right and land on your left foot to the right of cone #3. Continue in the same manner to the last cone. Run to the back of the line.



20) Stand to the left of cone #1 facing down the line. Two footed jump sideways across the cone and then right back spending the least amount of time on the ground. Then jump forward landing to the left of cone #2. Continue in the same manner to the last cone. Run to the back of the line.



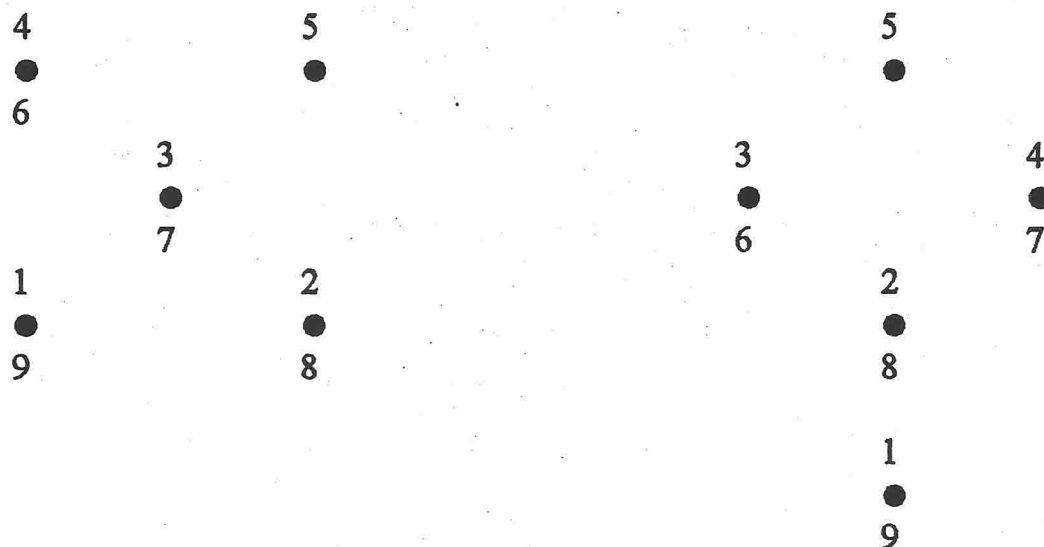
## Power Running

In Power Running the object is to cover the distance (18 yards) in the fewest steps. Begin about 10 feet behind the line and run forward to build momentum. Spring forward off your lead foot and swing the trailing foot forward reaching out with that foot as far as possible. As you land at the end of each stride, absorb the impact by bending the landing leg at the knee. As momentum carries you forward over the landing leg, spring forward again into your next stride. Spend minimal time in contact with the ground and maximum time in the air. Use your arms to maintain balance and add to your forward momentum.

- 1) Land on alternating feet, i.e. Left, Right, Left, Right, Left, Right, until you cover the 18 yards.
- 2) Land Right, Right, Left, Right, Right, Left until you cover the 18 yards.
- 3) Land Left, Left, Right, Left, Left, Right until you cover the 18 yards.

## 5 Dot Drill

The 5 Dot Drill is done on either of the two grids illustrated below. Dots can be marked by cones (jump beside the cones) or spots on the ground. The grid is slightly wider than shoulder width. The drills involve hitting each spot in order on the way up and back. In the illustration, the numbers above the dot are the way up and the numbers below the dot are the way back. A complete circuit (up and back) is one rep. Each part of the drill consists of 6 reps. All 5 parts are done without stopping. **Go for SPEED!** Record your best time.



The following instructions apply to the grid on the left. You can modify them for the grid on the right.

- 1) Start with feet apart (1,2) - jump forward, feet together (3) - jump forward, feet apart (4,5) - jump backward, feet together (7) - jump backward, feet apart (8,9). Repeat 6 times.
- 2) Keep feet together at all times. Start on #1 - jump sideways to #2 - jump forward diagonally to #3 - Jump forward diagonally to #4 - jump sideways to #5 - jump sideways to #6 - jump backward diagonally to #7 - jump backward diagonally to #8 - jump sideways to #9. Repeat 6 times.
- 3) Same as two except you jump right footed.
- 4) Same as two except you jump left footed.
- 5) Start with feet apart (1,2) - jump forward, feet together (3) - jump forward, feet apart (4,5) - jump up and spin 180° landing back on (4,5) with feet apart and facing the opposite direction - jump forward, feet together (7) - jump forward, feet apart (8,9) - jump up and spin 180° landing back on (1,2) with feet apart and facing the original direction. Repeat 6 times.