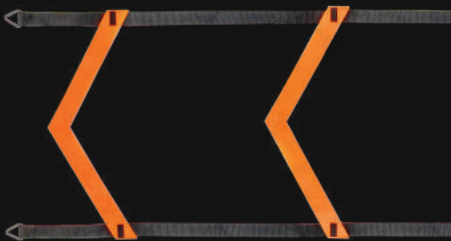


# SPEED LADDER



## TRAINING CARDS

The best way to improve your performance is to measure it. Knowing your personal record or the score you are trying to beat gives you an optimal guideline to follow for improvement. It's as simple as knowing your starting line and finish line.

This is why we recommend that all of the following drills be done using the Jawku Speed Timing System.

Each of the following drills will have a ladder component and a sprint component.

- 1 Set up your ladder in an open area.
- 2 Attach Speed Band to your wrist.
- 3 Open the Jawku App and connect to your Speed Band.
- 4 Select Build-A-Drill, and name your drill after your ladder-drill.
- 5 Then select MOVEMENT or \*AUDIBLE start.
- 6 Set your Jawku device up at the finish line, 5 or more yards away from the end of your ladder and press Ready button on device.
- 7 Go to the front of the ladder and when you are in the ready position press the button on your Speed Band once.
- 8 If you selected Movement start, you will remain still for 2 seconds and then begin the drill at full speed.
- 9 If you selected Audible start: you will wait until the 3rd beep and then begin the drill at full speed.

\*Use the Audible setting to measure reaction time



## LATERAL 2-IN TO ACCEL

1

Start with your right side facing down the ladder.

2

Begin by stepping into the first space with your right foot.

3

Then follow with your left foot stepping into the same space. As the left foot strikes the ground raise your right knee to hip height and step into the next space.

4

Continue this high knee step action for the rest of the drill. Make sure that you are not looking down at the ladder as you continue to the end.

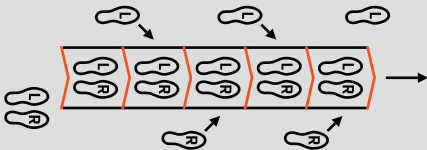
5

When you come to the last space of the ladder, face forward and sprint the rest of the distance through the finish line.



## LATERAL SPLIT-SHUFFLE TO ACCEL

- 1 Start with your right side facing down the speed ladder.
- 2 Begin by stepping into the first space with your right foot.
- 3 Then follow with your left foot stepping into the same space.
- 4 As the left foot strikes the ground immediately raise your foot slightly and move the foot back out of the space so one foot is in and the other is out.
- 5 Then alternate between moving your right foot in and your left foot out of the spaces simultaneously moving laterally down the ladder.
- 6 The scissoring action of the feet is the key to the drill. Make sure you are not looking at the speed ladder as you move down the ladder.
- 7 When you come to the last space of the ladder, face forward and sprint the rest of the distance through the finish line.



## LATERAL 2-IN 1-OUT TO ACCEL

1

Start by facing down the length of the speed ladder.

2

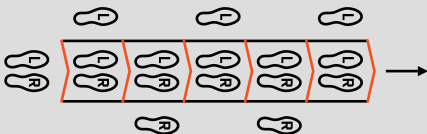
Begin by stepping your left foot and then right in the space moving laterally across the speed ladder.

3

Once your left foot steps outside of the speed ladder start back into the next space and move laterally across the ladder in a R-L-R pattern. Make sure you are not looking at the speed ladder as you move down the ladder.

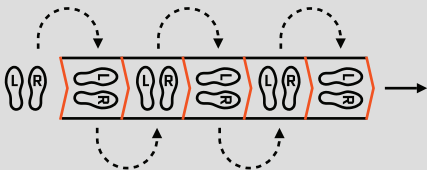
4

When you come to the last space of the ladder sprint the rest of the distance through the finish line.



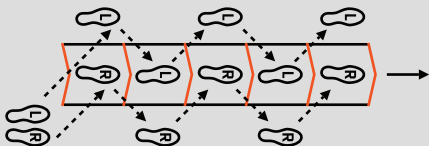
## LATERAL 2-IN TO ACCEL [STABILIZE]

- 1 Start by facing down the length of the speed ladder.
- 2 Begin by stepping your left foot and then right in the space moving laterally across the speed ladder.
- 3 Once your left foot steps outside of the speed ladder stick and hold on your outside leg for 2 seconds, then start back into the next space and move laterally across the ladder in a R-L-R pattern. Make sure you are not looking at the speed ladder as you move down the ladder.
- 4 Stick and hold on each outside leg for 2 seconds.
- 5 When you come to the last space of the ladder sprint the rest of the distance through the finish line.



## 90° ROTATION TO ACCEL

- 1 Start with your right side facing down the ladder.
- 2 Keeping your chest facing straight ahead, move laterally down the length of the ladder by rapidly jumping slightly off the ground and rotating your hips to the right as you move your arms left.
- 3 Continue moving down the length of the ladder as you land and immediately jump back to your left, moving your arms right.
- 4 Once through the length of the ladder, return to the starting position by continuing the movement in the opposite direction.
- 5 When you come to the last space of the ladder, face forward and sprint the rest of the distance through the finish line.



## CROSSOVER TO ACCEL

1

Start by facing down the length of the speed ladder, lined up on the right side.

2

Step into the first space with your outside foot (right foot), crossing your body, your inside foot (left foot) will cross over to the outside of the ladder.

3

Next, step into the next space with your outside foot (left foot), crossing your body, your inside foot (right foot) will crossover to the outside of the ladder.

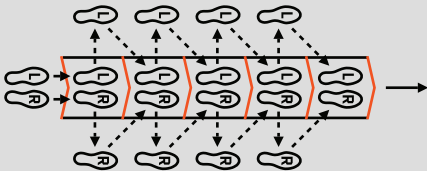
4

Repeat the steps, alternating your feet until you reach the end of the ladder to start.

5

When you come to the last space of the ladder, face forward and sprint the rest of the distance through the finish line.





## 2-IN 2-OUT TO ACCEL

1

Start by facing down the length of the speed ladder.

2

Begin by jumping quickly forward into the first space with both feet. Make sure you don't jump too high. This drill is about speed and agility.

3

As soon as you land in the first space, immediately separate both feet to the outside of the ladder in a straddle position.

4

As soon as you land straddling the ladder, immediately bring your feet together by jumping into the next space.

5

Repeat the steps until you reach the end of the ladder, then sprint the rest of the distance through the finish line.



## TEMPO TRAINING

- 1 Start 10 yards away facing down the length of the speed ladder.
- 2 Begin by sprinting as fast as you can at full acceleration stride.
- 3 When you come upon the ladder make sure you put one foot in each space of the ladder. This will change your tempo, but keep your intensity up and try not to let it slow you down.
- 4 When you come to the last space of the ladder sprint the rest of the distance through the finish line.