

Speed Drills

(Need for speed technique and enhancement/exercises).

1. Stationary arm swing.
2. Seated stationary arm swing.
3. Ankling (light and fast)
4. High knees skip (light foot strike – explosive arms)
5. Run through (hurdle 6-8 inches, high knee, high toes).
6. Falling starts, short step, positive shin angle.
7. Partner resistance runs (towel).
8. Acceleration runs 17, 21,25,29,33 inches + 4
9. Skip for height
10. Skip for distance.
11. Carioca, left over right and right over left.
12. Tapioca, same but tighter foot pattern.
13. Cross-over skipping (hip extension).
14. “T” drill shuffle shuttle.
15. Icky shuffle.
16. Zig Zag
17. Cross over shuttle (load and release).
18. Slalom ski (both feet).
19. Bunny jumps (fast feet ankling).
20. Hop Scotch (both feet in then out).
21. Stationary ankle jumps.
22. Skipping.
23. Lateral skaters jump.
24. Standing long jump both feet.
25. Stick drops for hand reaction speed.
26. Mirror lateral shuffle (break away belts)
27. Triangle 2m tag shuffle step.
28. Tackle footwork rehearsal 45%