

Dramatically Improve your Foot Speed with These 7-Cutting Edge Drills

By World Renown Strength Coach Tony Reynolds, MS, CSCS

Have you ever been told that you have slow feet? Do you feel like you are moving in slow motion on the court (just like trying to get away from the bad guy in one of those nightmares)? Do you get left in the dust by your opponents and teammates? Well, you are just minutes away from changing your future. With these seven fierce foot speed drills, you will be lightning-quick in no time.

1) Elongated lcky



Start by facing down ladder from its end. Using a 5-count rhythm, step to the outside of the first square with the lead foot. Step into the first square with the trail foot followed by the lead foot. Step into the second square with the trail foot followed by the lead foot. Now step to the outside of the next square with the trail foot and repeat the pattern.

2) Cross Over Drill Forward

Start by facing down ladder and to the side. Step across with the outside foot (lead foot) into the first square of the ladder. Step to the other side of the first square with the trail foot followed by the lead foot. Repeat this pattern down the ladder.



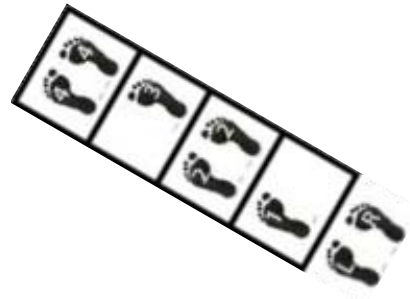
3) W Drill Forward



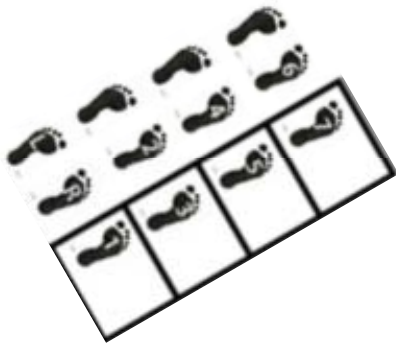
Start to the end and facing down the ladder. Step into the first square with the closest foot (lead) followed by the trail foot. Step out to the opposite side of the ladder with the lead foot followed by the trail. The trail foot will lightly tap the ground outside of the ladder and step it back into the second square. The trail leg will now become the lead and the lead the trail. Repeat this pattern down the ladder focusing on maximal bursts of rapid foot action as you cross the ladder.

4) Hop Scotch I

Start by facing down ladder from its end. Hop into the first square landing on just the lead foot. Hop into the next square landing on both feet. Hop into the next square landing on just the trail foot. Quickly repeat this pattern down the ladder.



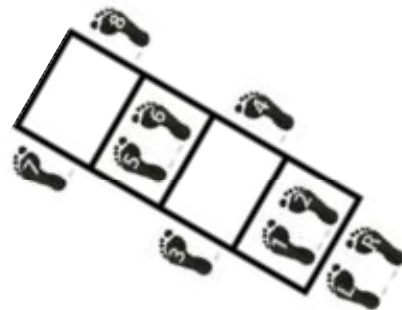
5) 1 Foot Still



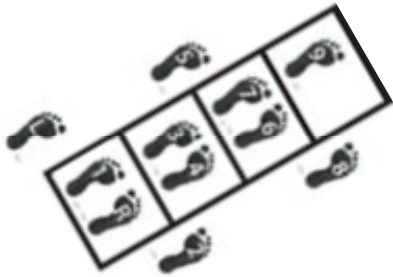
Start beside the first square facing down the ladder. The outside foot will hop in place while the inside foot hops into the ladder. Both feet will then hop to the outside of the second square. Repeat this pattern down the ladder. Repeat leading with the other foot.

6) In In Out Out Linear

Face down the ladder and straddle the first square. Step into the first square with the lead foot immediately followed by the trail foot. Step back out so you are straddling the second square. Step back into the second square with both feet. Repeat this pattern down the ladder. Maintain a constant rhythm down the ladder. Repeat leading with the other foot.



7) Ickey Shuffle



Start by facing down ladder and to the side. Using a 1-2-3 rhythm, step into the first square with the inside foot, followed by the outside foot. Next, step to the outside of the second square with the lead foot. Now step into the second square with the trail foot. Step with the lead foot into square two. Repeat the exercise leading with the other foot.

By spending just ten minutes a day on these supercharged drills, you will have blazing fast feet and become untouchable on the court!

These images are courtesy of StrenCon.com cutting edge strength and conditioning illustrations

Tony Reynolds is the President of Progressive Sporting Systems. To learn more about his revolutionary products and programs, visit www.PssAthletics.com