

# ***Herriman Speed Ladder Routine***

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## Speed Ladder Drills

Each drill is down and back up the length of the speed ladder

1. High Knees
2. Icky Shuffle
3. XC Skier (Lateral, Big stride, Big arm swing)
4. Single Leg Lateral Crossovers
5. Hop Scotch (Forward Skip a Hole)
6. Buzz Saw (Lateral, small stride, arm swing)
7. Quarter Hop (2 legged hop, forward, one side of ladder – in, out & up)
8. Snake Drill (2 legged hop, lateral, cross over, Forward, forward, over, back, back, over)
9. Fast Feet Forward Run (Two feet per box)
10. Fast Feet Lateral Run (Two feet per box)

Example videos -

- o [http://www.youtube.com/watch?v=B\\_bbBgIPGHA](http://www.youtube.com/watch?v=B_bbBgIPGHA) #2,3,5,6,9,10
- o <http://hasfit.com/workouts/sports-performace/ladder-drills/> #4,7,8