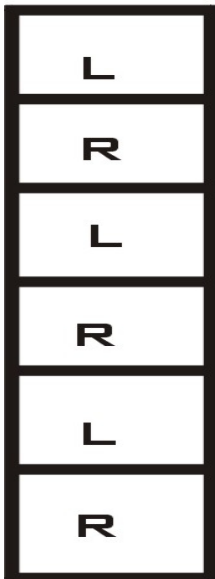
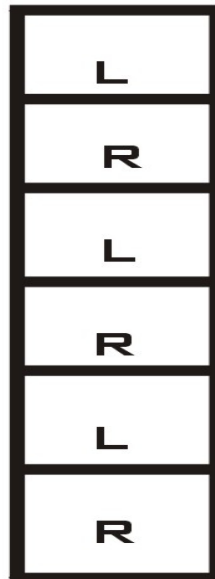


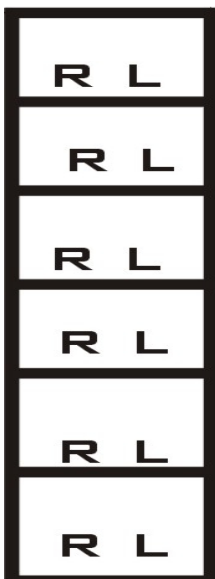
LADDER DRILLS.



Ankle Bounces:
Keeping the legs straight, bounce off the front part of the foot using just the snapping of the ankles. Heels never touch the ground.



Ankle Skips:
Keeping the legs straight, skip using just the snapping of the ankles.



High Knee Runs:
Linear: Two steps in each box emphasizing the knee up in front.



Laterally do the same but do not cross the feet.