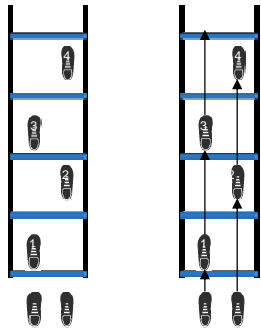
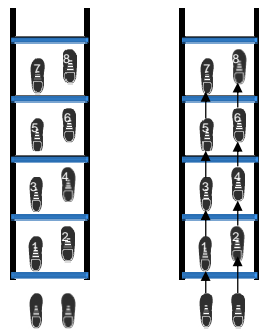


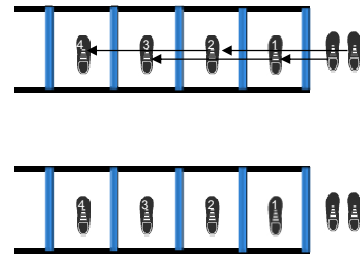
Footwork Drills- SPEED LADDER



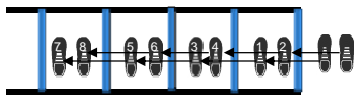
One Foot In- Forward



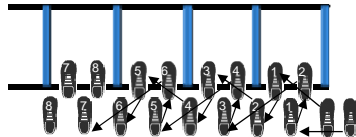
Two Feet In- Forward



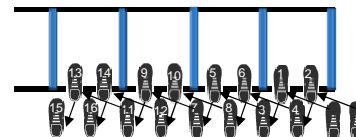
One Foot In-Lateral



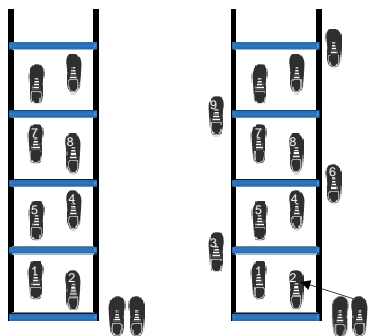
Two Feet In-Lateral



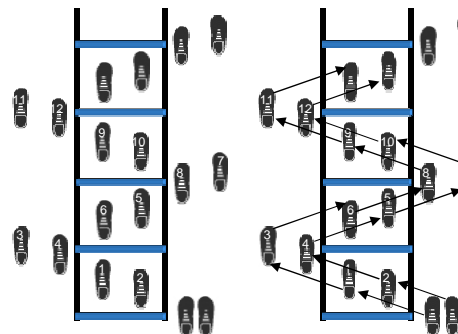
Scissors feet-Lateral



Two In-Two Out-Lateral

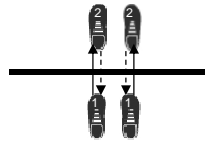


Icky Shuffle (2 in, 1 out)

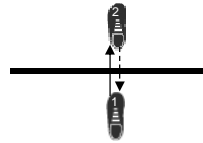


Double leg Zig Zag

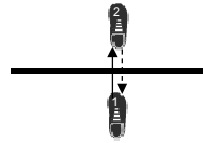
Footwork Drills- LINE DRILLS/DOT DRILLS



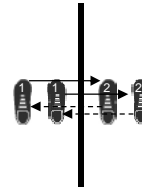
Fast feet-double front to back



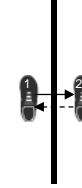
Front to back-single



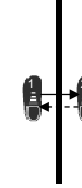
Front to back-single



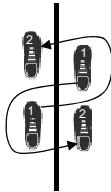
Fast feet-double side to side



Side to side-single



Side to side-single



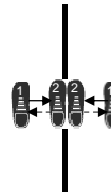
Crossover

(cross right in front of left, then left in front of right, repeat. Both feet take off/land at same time)



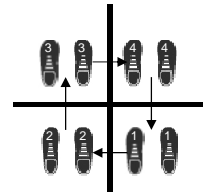
Scissors

(start with one foot in front of line, other behind. Switch feet back and forth over the line)



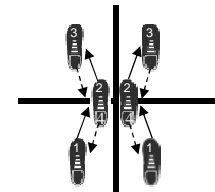
Line touch

(start with feet apart, then bring feet together on top of line. Repeat.)



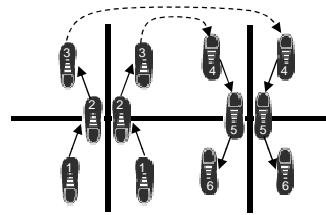
4-Square-double leg

(hoping on both legs, go in a square continuously. Do sets going both directions)



Center/Split (jumping jack)

(feet are split on bottom, together in the center, split at the top. Hit the center in between each time.)



Forward flip (jumping jack w/ turn)

(start feet split at bottom, hop together in center, split at the top. Turn 180 to face the other direction and perform the same pattern coming back. Repeat.)