

Dot Drill

E

D

C

A

B

Up & Back;

1. Start at one end with the feet on A and B. (Left foot on A, right foot on B)
2. Jump quickly with both feet to C, then to D and E.
3. Come back the same way with out turning around.
4. Repeat 5 times.

Right Foot;

1. After doing the “up & Back” drill, your feet should be on A and B. Now jump to C with only your right foot.
2. Using only your right foot, go in order from D to E to C to A to B.
3. Repeat 5 times.

Left Foot;

1. You end the right foot drill on B. Now go to C with your left foot.
2. Using only your left foot, go in order from D to E to C to A to B.
3. Repeat 5 times.

Both Feet;

1. You end the left foot drill on B. Now go to C with both feet.
2. Using both feet, go in order from D to E to C to A to B.
3. Repeat 5 times.

Turn Around;

1. You end the both feet drill on B. Now go to C with both feet.
2. Go to D and E with split feet as in the “up and back” drill.
3. Quickly jump and turn 180 degrees to your right and face the other way. You should still be on D and E.
4. Hit C with both feet and then A and B with split feet.
5. Turn quickly again with a 180 degrees spin to the left with split feet still on A and B.
6. Repeat 5 times.