

ROPE DRILLS

L	L	L	L	L	L	L	L
R	R	R	R	R	R	R	R

1. Sprint - 1 in the hole
2. High knees

L		L		L		L	
	R		R		R		R

1. Sprint - Every Other Hole
2. High Knees
3. Catching ball

R		R		R		R	
	L		L		L		L

1. Cross Over

L	R	L	R	L	R	L	R

1. Sprint in a row
2. High Knees
3. Side 1 in hole
4. Side - Pivot 1/2

L R	L R	L R	L R	L R	L R	L R	L R

1. Sprint in a row -2 in hole
2. High Knees
3. Shuffle - facing coach

	L R		L R		L R		L R
L R		L R		L R		L R	

1. Double Cuts - Rt first