

ADVANCED LADDER RUNS

> Lateral 2-Step to the Right (bottom right diagram) or Left (bottom left diagram) [Steps #1 - #6]

> Single-Step out into blank space [Step #7]

> Linear Single-Step [Steps #8 - #10]

> Sprint 10-15 yards to and around cone to the ring ladder setup on the opposite side

> VARIATION: Start with Lateral Hops instead of the Lateral 2-Step

LEGEND

