



## **Footwork**

Foot-speed, quick of foot, fast feet... however you want to describe it, footwork is much sought after with almost every athletic pursuit. Straight ahead speed begins with footwork. Lateral speed and agility begins with footwork. Almost every training program at Rebound Sports Performance has a footwork component! All athletes have the potential to improve their footwork!

Start simple by jumping rope! Keep a nice, tall posture and focus on a quick, light touch. Start with double-leg touches. Mix it up with side-to-side and forward and backward jumps. Next, work on single-leg touches. Challenge yourself again with side-to-side and forward/backward work on a single leg. Find your groove and keep the focus on quick and light!

Almost everyone has seen a foot ladder (sometimes called speed ladder,) but not everyone has received proper instruction! A few simple cues go a long way! The most important cue is probably to "go as fast as you can." This means as fast as you can correctly. It is a must that you perform each activity correctly before you add speed. The next cue should be "stay tall," this is a tall posture with a slightly forward body lean! Last but not least "light touch"!

Get the basics down first, add speed/quickness, then make your activities look more like your sport! Be creative and have fun!!

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