Ground Based Line Drills

Start with 2 feet in each box and completely jump to next box, landing only on toes/balls of feet. Progress to 1 foot jumping. 10 seconds per repetition.

1-4 / 1-2 / 1-3 / 2-4 / 1-2-4 / 4-3-1 / 1-2-3-4 / 4-3-2-1

Start with 2 feet on dot and jump to each only on toes/balls of feet. Progress to 1 foot jumping.

1-2-3-4-5-4-3-2-1 / 2-1-3-5-4-5-3-1-2

3-1-3-4-3-5-3-2-3 (can vary pattern, just start at “3”)

Long lines separated by 6 inches and short lines are 24 inches down lines. (ie #1 box is 1’x1’ and #3 is 24 inches away from #1—#2 is 2’ from line start and #4 is 2’ away)

All jumps using 2 feet and performed for 20 seconds

1-2 / 1-4 / 2-3 / 2-5

1-2-3-4-5-4-3-2-1

All boxes are 15”x15”

2 ft drills

Both in 2—Split 4/6—Both in 8 and repeat for 20 seconds

Split 1/3—Both in 5—Split 7/9 and repeat for 20 seconds

1 ft drills—Performed for 10 seconds

1-2-3-6-5-4-1-(repeat) 1-7-9-3-1-(repeat) 3-9-7-1-3-(repeat)