

Merryn's FOOTWORK DRILLS

* All drills should be performed with small, fast feet, tight arms and eyes up.

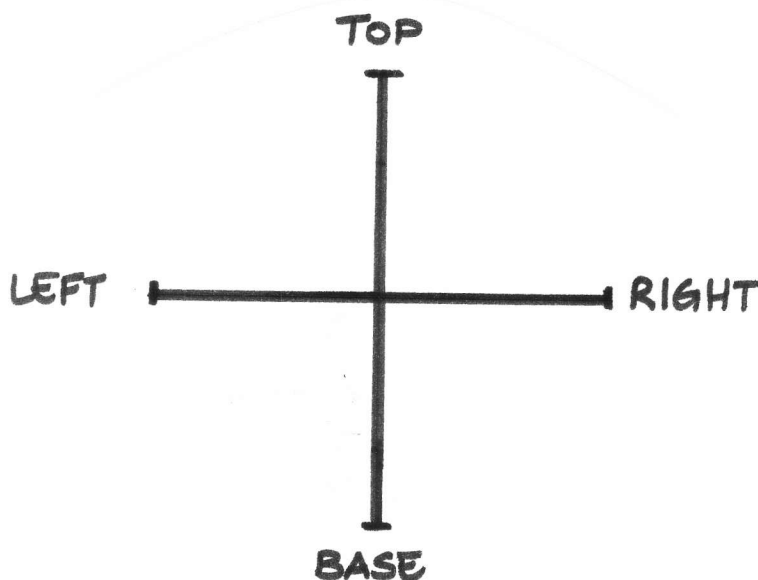
'Directions 1'

- Draw two, 1 metre lines perpendicular to each other.
- Label Top, Base, Left, Right.
- Copy the sequence below onto a wall (USE CHALK) or cardboard at eye height.
- Each movement is 4 small steps, out, back to centre.
- Start and return to centre between each call.
- As you go, practise calling each move in a loud voice.

Time: Less than 60 seconds: good
 55 seconds: very good
 50 seconds: excellent.

Sequence:

| | |
|----------|-----------|
| 1. LBTR | 11. TTRL* |
| RTBL | BTBL* |
| BLTR* | LLBR |
| TBLR | RRLB* |
| LRTB | BLBL |
| RBTL* | RTBL* |
| BTRL* | RTRL |
| TRLB | BBRL* |
| RTRB* | RBRL* |
| 10. RRLR | 20. RTRR |



Extension: At * add two small fast jumps (JJ)

'Directions 2'

- As above, but add two calls performed in centre of cross: 'Up': jump up and clap hands above head and 'Down': bend down and touch ground with both hands.

Sequence:

| | |
|---------|----------|
| 1. TULB | 11. TTUB |
| RDTL | LRLR |
| UBTD | BLTR |
| LRUT | RTDB |
| BLBR | LUTU |
| TTRD | RLBU |
| DRRU | UTLD |
| RTUB | BTBU |
| DDLT | DTDB |
| UBLR | LDBT |

Time: add 4 seconds to each of the above time standards.

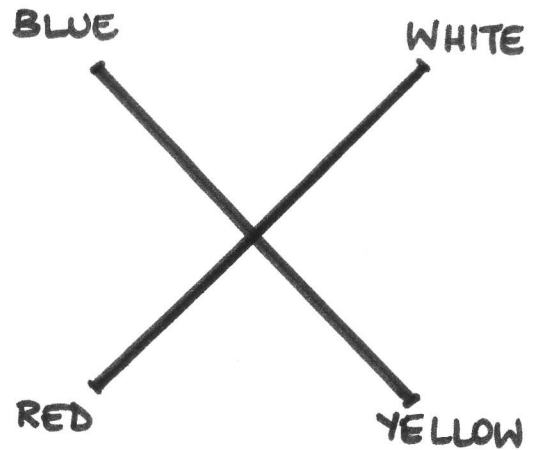
2.

'Colours 1'

- Draw two, 1 metre lines in the shape of a cross.
- Label four colours: blue, white, red, yellow.
- Copy the sequence onto a wall at eye level.
- Start and return to the centre between calls.
- Fast feet and 4 small steps (2 in and 2 out): **NO** lunging!
- Call aloud as you go.

Time: as for Directions 1.

- Sequence:
- | | | | |
|----|------|-----|------|
| 1. | BWRY | 11. | BWYB |
| | WRBY | | WYWY |
| | RBWW | | RWWB |
| | YYBR | | YRWR |
| | YBBW | | BYRW |
| | RWRY | | WBWY |
| | BRBR | | RWRB |
| | YBRW | | BYYW |
| | RRYB | | RWWY |
| | WYWB | | RBBW |
| | BBYW | | RWRR |



'Colours 2'

- Change direction so that red/blue, then red/yellow, then yellow/white are at top.
- Add up, down or jump/jump at random places.

Time: same as for 'Directions 1'.

Colours 2 (b): add 5 seconds to above times.