

Ladder and foot roll solo drill



Purpose

The purpose of this soccer drill is to improve the speed at which a player's feet can move and get a lot of repetition of the foot role skill.

Set up

- 1 ladder
- 6 cones
- 1 soccer ball

How it works

Set up your ladder with your 6 cones slalom running parallel with a 1-yard gap in between the cone.

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Place your soccer ball at the top of the cone slalom.

To start the drill off you will perform quick feet through the ladder, making sure both feet go in each ladder space.

Once you complete the ladder you will perform foot roles through the cone slalom.

Complete this drill 5 times with a 10-second rest in between. If you are unsure this [how you perform a foot role in soccer](#).

Coaching points

- Use your arms to help drive your legs through the ladder
- To improve the quickness of your feet stay on your toes through the ladder
- Perform the foot role slowly to start with but speed up as you get better at the skill.

Questions

- What will driving your arms do?
- How can you improve your quickness?

Beginner