









Activity Plan for Footwork

Week 1			
Activity	How many or how long	How many days	Instructions
Galloping	10 times/day	3 days/wk	<p>Remember the step-together-step dance move that you were practicing a few months ago? Well, galloping is just another word that means doing step-together-step going forward. The most important parts to do a good gallop are:</p> <ul style="list-style-type: none"> • Keep your body facing forward while you are moving forward • Bring your back foot only up to the first foot (so they are together), don't let your back foot cross in front of your first foot. <p>Remember to do it exactly the way the words go (step forward with one foot, then bring the other foot beside it so both feet are together, and then step forward again on the first foot). To go a little faster, try adding a little jump as you bring the second foot up beside the first one. When you can do it going forward with your right foot first, then try doing forward with your left foot first. Galloping is a skill where your legs don't cross over each other.</p>

Week 2			
Activity	How many or how long	How many days	Instructions
Sliding	10 times/day	3 days/wk	<p>Sliding is just the step-together-step move going sideways. You do it exactly the way that you did it going forward (galloping) or backward except your first step is either to the left or right. Try going to the right first. Step to the right with one foot, bring the other foot beside the first foot, and then step to the right again on the first foot. When you have your feet moving the right way, try adding a little jump as you bring the second foot up beside the first one. When you can do it going to the right, then try going to the left. When you can slide either left or right, try doing them together but alternating directions. Sliding is a skill where your legs don't cross over each other.</p>

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Week 3			
Activity	How many or how long	How many days	Instructions
Ladder Exercises: Hop Scotch Challenge	10 times/day	3 days/wk <div style="display: flex; flex-direction: column; align-items: center;"> <div style="display: flex; justify-content: space-around; width: 100px;">   </div> <div style="display: flex; justify-content: space-around; width: 100px;">  </div> <div style="display: flex; justify-content: space-around; width: 100px;">   </div> <div style="display: flex; justify-content: space-around; width: 100px;">  </div> <div style="display: flex; justify-content: space-around; width: 100px;">   </div> </div>	<p>Ladder challenges are a great way to improve your speed for sports. You can make a ladder out of ropes (they don't need to be tied) or draw it with sidewalk chalk. Go as fast as you can when you do them. When you do this challenge: push off from the balls of your feet (not the toes), pump your hands from shoulder height to hips, keep your arms, shoulders and hands relaxed. You can even race a friend or family member by drawing/making another ladder next to yours.</p> <p>The Hop Scotch Drill:</p> <ul style="list-style-type: none"> -Start with your feet hip width apart at the bottom of the ladder - Jump up with both feet and land on the left foot only in the first square - Immediately push off with your left foot and land with both feet in the next square - Immediately push off with both feet and land on your right foot only - Push off from your right foot and land on both feet. - Repeat this pattern for the full length of the ladder

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Week 4			
Activity	How many or how long	How many days	Instructions
Grapevine	10 times/day	3 days/wk	<p>The grapevine goes sideways like you did last week when you were sliding. The difference with the grapevine is that your legs do cross over each other. Try going to the right first. Step to the right with your right foot, and then bring your left foot in front of your right leg. That's the first half of one grapevine. For the second half, step to the right again with your right foot (so your feet are apart and your legs are not crossed over), and then when you bring your left leg over you put it behind your right leg so that your legs are crossed again before taking another step to the right to uncross your legs. You can do as many grapevine steps in a row as you want, just keep alternating by crossing in front on one step and behind on the next. When you can do it going to the right, then try going to the left.</p> 