

10U/12U PHASE I - AGILITY & BALANCE

LADDER: 2 IN 2 OUT

① MOVEMENT

- Stand and face the ladder at one end.
- Attempt to minimize vertical movement.
- Jump into the first square with both feet.
- Upon landing, quickly jump and straddle the next square up the ladder.
- Perform this pattern until the end of the ladder is reached.
- Player tries to avoid stepping on a ladder rung (land mind).
- Jog back to line.
- Repeat.

ADVANCED

Have players attempt this pattern backwards.

HOW TO MAKE AN AGILITY LADDER

- Ladders can either be purchased or homemade.
- Determine the length of the side rails using a measuring tape.
- Draw out the first side rail to the desired dimension using chalk, paint or tape.
- Place the second side rail that is equal in length parallel to first with 20 inches between them.
- Every 18 inches, use the chalk, paint, or blue painter's tape to draw out the rungs between the two side rails.



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