

LADDER: 1 IN THE HOLE

① MOVEMENT

- Stand and face the ladder at one end.
- Run forward, with proper arm swing, placing one foot in each square of the ladder.
- Player tries to avoid stepping on a ladder rung (land mine).
- Have players look straight ahead, not down.
- Perform this drill leading with the opposite foot.
- Jog back to line.
- Repeat.

ADVANCED

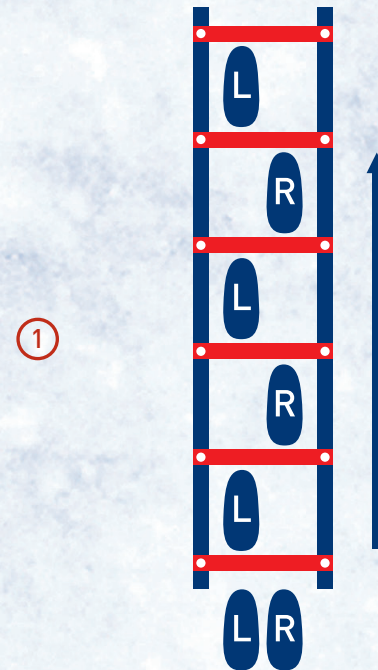
Have players attempt this pattern backwards.

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.



LADDER: 1 IN THE HOLE



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

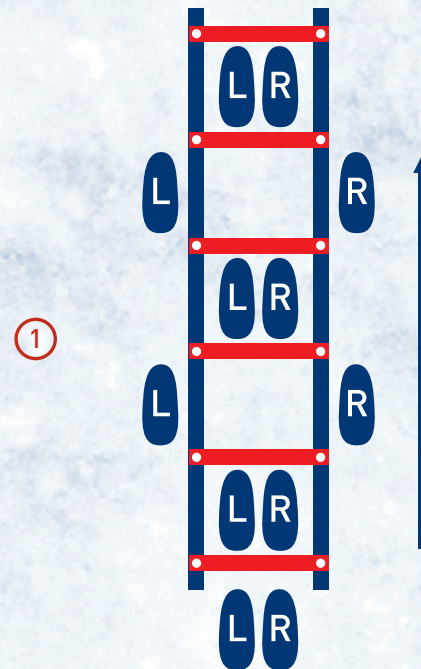
Have players attempt this pattern backwards.

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.



LADDER: 2 IN 2 OUT



LADDER: 180s

① MOVEMENT

- Stand straddling the first rung of the ladder.
- Jump and turn 180 degrees in the air, land straddling the next rung.
- Continue completing these half turns as you progress down the ladder, straddling each preceding rung as you land.
- Each 180 degree turn alternate jumping opposite direction.
- Jog back to line.
- Repeat.

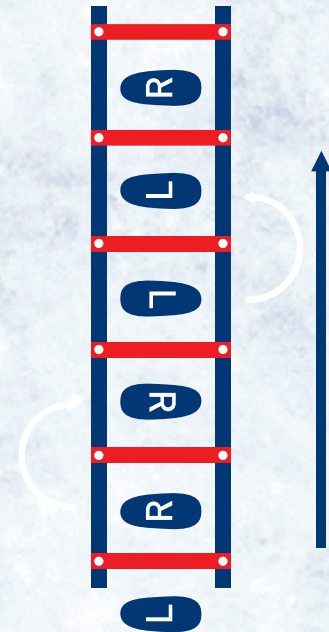
HOW TO MAKE AN AGILITY LADDER

- 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.



LADDER: 180s

①



LADDER: CARIOCA

① MOVEMENT

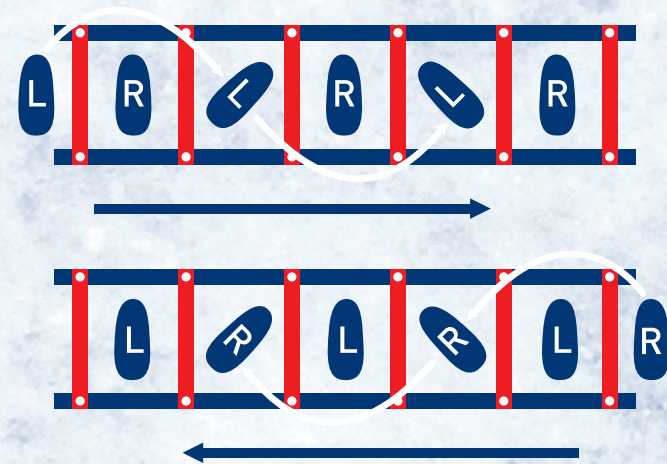
- Stand sideways at one end of the ladder with one foot directly next to the ladder.
- Moving laterally, cross the trail leg in front of the lead leg in the second square.
- Lead leg steps behind the trail leg back into the lead position, and the lead leg foot should be placed in the third square.
- Cross the trail leg behind the lead leg into the next square.
- Lead leg steps to the next square.
- Jog back to line.
- Face other direction and repeat.

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.



LADDER: CARIOCA



①



10U/12U PHASE I - AGILITY & BALANCE

LADDER: LATERAL 2 IN THE HOLE

① MOVEMENT

- Stand sideways at one end of the ladder with one foot directly next to the ladder.
- Shuffle laterally down the ladder, placing the lead foot in the square first then immediately followed by the other foot.
- Send next player when previous player reaches mid ladder.
- Jog back to line.
- Face other direction.
- Repeat.

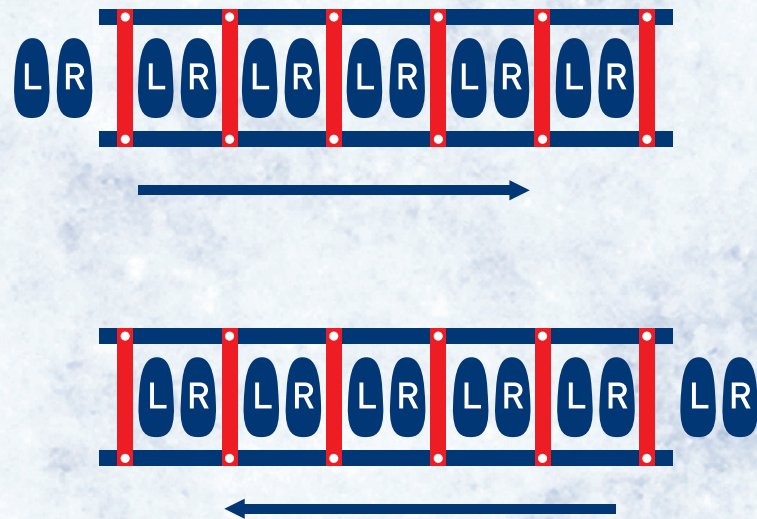
HOW TO MAKE AN AGILITY LADDER

- 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.



10U/12U PHASE I - AGILITY & BALANCE

LADDER: LATERAL 2 IN THE HOLE



①



LADDER: SLALOM

① MOVEMENT

- Stand and face the ladder at one end.
- Keep both feet together and jump into the first square.
- Upon landing immediately jump laterally outside of first square.
- Immediately jump diagonally and forward into the second square.
- Jump laterally to the other side of the ladder.
- Continue jumping in and out to each side of the ladder in a zig zag pattern.
- Jog back to line.
- Repeat.

HOW TO MAKE AN AGILITY LADDER

- Ladders can either be purchased or homemade.
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- 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.



LADDER: SLALOM

