

LADDER: 2 IN THE HOLE

MOVEMENT

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- Stand and face the ladder at one end.
- While running forward, with proper arm swing, place each foot in each square one foot at a time.
- Repeat this drill leading with the opposite foot.
- Jog back to line.
- Player tries to avoid stepping on a ladder rung (land mine).

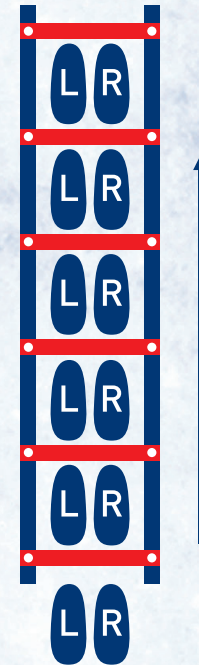
HOW TO MAKE AN AGILITY LADDER

- 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 THE HOLE

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LADDER: ICKY SHUFFLE

MOVEMENT

- Begin standing at the end of the ladder and to the side of the first square.
- ① • Facing forward step laterally into the first square of the ladder with each foot.
- Immediately step out with just the outside foot.
- Place the foot still in the square into the next square of the ladder followed by the outside foot.
- Immediately step out to the other side with just the outside foot.
- Continue this pattern moving as quickly as possible while maintaining good body control.
- Jog back to line.
- Halfway through time allocated repeat this drill leading with the opposite leg.

ADVANCED

Perform same movement backwards.

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- Every 18 inches, use the chalk, paint, or blue painter's tape to draw out the rungs between the two side rails.



LADDER: ICKY SHUFFLE



LADDER: LATERAL 1 IN THE HOLE

MOVEMENT

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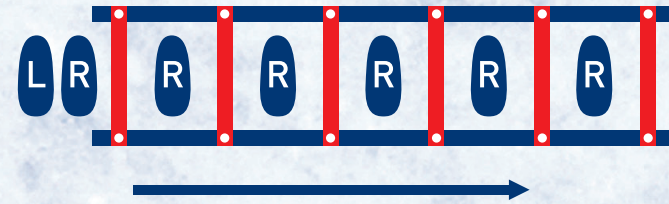
- Stand sideways at one end of ladder.
- Hop laterally through entire ladder with foot closest to ladder.
- Halfway through time allocated repeat using opposite (outside) foot.

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- 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: LATERAL 1 IN THE HOLE



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LADDER: LATERAL 2 IN THE HOLE

① MOVEMENT

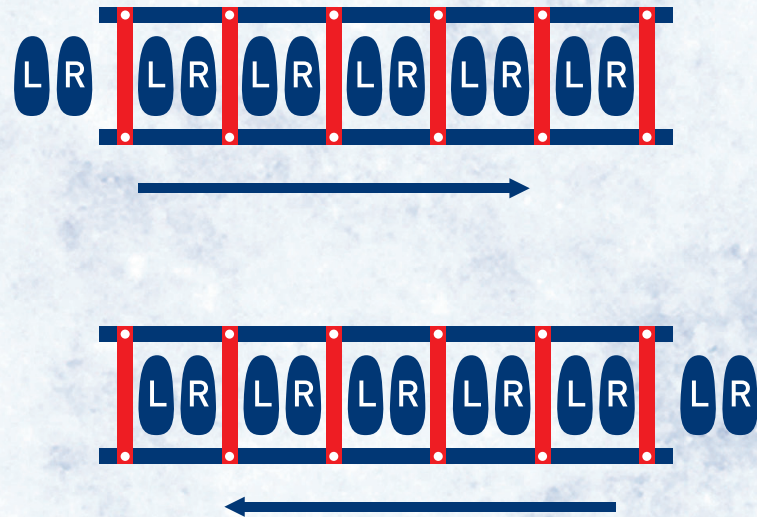
- Stand sideways at one end of the ladder with one foot directly next to the ladder.
- Shuffle laterally down the ladder, placing the lead foot in the square first then immediately followed by the other foot.
- Send next player when previous player reaches mid ladder.
- Jog back to line.
- Face other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

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- Every 18 inches, use the chalk, paint, or blue painter's tape to draw out the rungs between the two side rails.



LADDER: LATERAL 2 IN THE HOLE



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LADDER: SINGLE LEG SLALOM

MOVEMENT

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- Begin standing at one end of the ladder standing on one leg.
- Jump into the first square, upon landing immediately jump laterally to one side of the first square.
- Immediately jump diagonally and forward in to the second square, then 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.
- Halfway through time allocated repeat this drill leading with the opposite leg.

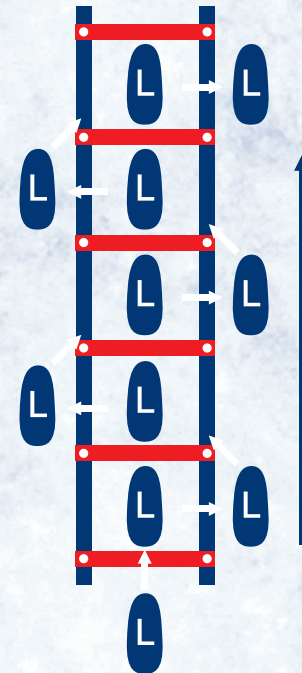
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- Draw out the first side rail to the desired dimension using chalk, paint or tape.
- Place the second side rail that is equal in length parallel to first with 20 inches between them.
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LADDER: SINGLE LEG SLALOM

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LADDER: TAPIOCA

MOVEMENT

- 1 • Begin by standing sideways at one end of the ladder with the lead foot directly next to the ladder.
- Move sideways using smaller steps, cross the trail leg in front of the lead leg placing the trail foot in the first square.
- The lead leg then steps behind the trail leg back into the lead position in the same square.
- The lead leg foot then steps into the next square, followed by trail leg.
- Rotate the hips and shoulders with the movement of the feet throughout the duration of this drill.
- Jog back to line.
- Repeat this drill leading with the opposite leg.

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LADDER: TAPIOCA



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