

# AGILITY LADDER

The key when using the Agility Ladder is to minimize the ground time with each foot contact. The quicker the athlete's feet are off from the ground, the better the reaction time and ability to change direction.

## THE DRILLS

(Listed from easiest to most difficult)

### A. RUNS

#### 1. RUNNING STRAIGHT FORWARD

- Run through the ladder using a good knee drive and quick feet. Try to keep up on your toes and have the feet spring off the ground
- Remember to pump your arms

#### 2. SIDE / LATERAL RUN

- This drill is similar to doing a lateral run drill over bags or cones. The feet should not cross and the hips and shoulders should face to the side throughout the ladder.

#### 3. CROSSOVER RUN

- Run down one side of the ladder crossing the feet over the edge of the ladder. The left foot should always land on the right side of the ladder while the right foot should always land on the left side of the ladder. See diagram #1 on page 3 for details.

#### 4. RUN OUT – QUICK FEET THROUGH LADDER & SPRINT OUT 20 YARDS

- This drill combines the first drill in this section with an added spring at the end. Run through the ladder as described in item 1 above. At the end of the ladder, sprint out another 20 yards.

### B. SKIPS

#### 1. QUICK SKIP WITH HIGH KNEE DRIVE

- Skip through the ladder driving the knee up so that the foot is level with the opposite knee. The skipping action is the same that kids perform on the playground.

#### 2. QUICK SKIPS FOR SPEED, LITTLE KNEE DRIVE

- Skip through the ladder using only enough knee drive to clear the next slat on the ladder. Emphasize the speed of the drill.

### C. JUMPS

#### 1. TWO FOOT FRONT

- Hop on both feet straight through the ladder. There should be foot contact in each hole. Try to minimize the ground time of each contact.

#### 2. TWO FOOT SIDE

- Hop on both feet sideways through the ladder. Keep the hips and shoulders at 90 degrees from the direction of movement. Perform one set moving to the left and one set moving to the right.

#### 3. SINGLE FOOT FRONT

- Hop on one foot straight through the ladder. There should be a foot contact in each hole. Try to minimize the ground time of each contact. Do one set with the left leg and one with the right.

#### 4. SINGLE FOOT SIDE

- Hop on one foot sideways through the ladder. Keep the hips and shoulders at 90 degrees from the directions of movement. Perform one set moving to the left and one set moving to the right.

#### 5. SLALOM

- This is a zigzag hop down on one side of the ladder using both feet. See diagram #2 on page 3. Advanced athletes may perform this drill using on foot for added difficulty.

#### 6. TWIST JUMPS

- A Great drill that forces the athlete to rotate the hips. See diagram #3 on page 3 for description.

#### **D. SHUFFLES**

See diagram on pages 4 to 8 for an explanation of the following drills:

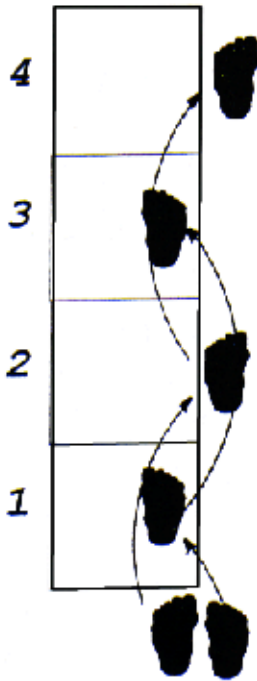
1. Cariocca
2. Front-Back
3. In-Out
4. Zig-Zag Shuffle
5. Agility Shuffle

#### **E. COMBINATION DRILLS**

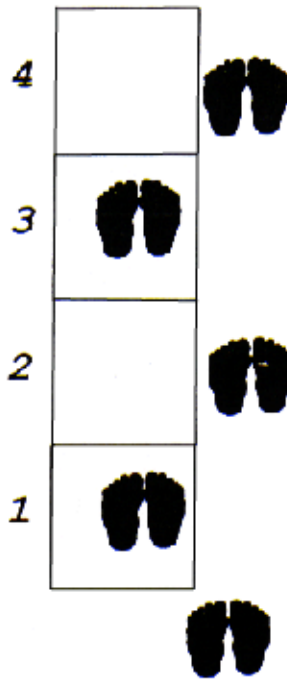
The Agility Ladder can be folded at 90-degree angles to form a variety of patterns. This allows for an unlimited number of drills that can be performed using a combination of the drills listed in this booklet. A few examples are listed below. Design your own drills making them as sport specific as possible.

1. Run straight forward through every section making a quick cut between sections
2. Run straight forward followed by a lateral run
3. Run forward followed by a carioca run.
4. Slalom jumps followed by side jumps
5. Front jumps followed by a lateral run

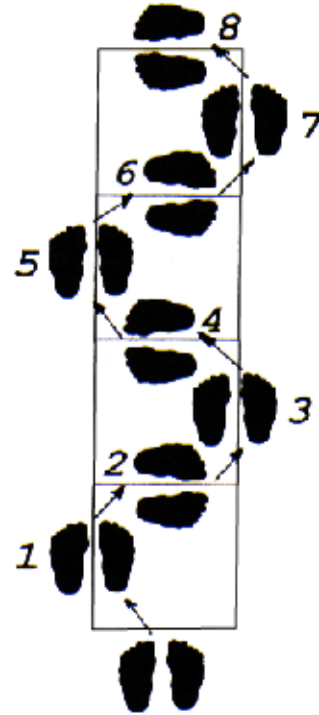
DIA 1  
**CROSSOVER**



DIA 2  
**SLALOM JUMP**



DIA 3  
**TWIST JUMP**



**CROSSOVER**

1. Begin at one end of the ladder as pictured
2. Step with the right foot into the first hole, and run down one side of the ladder crossing the feet with each step.

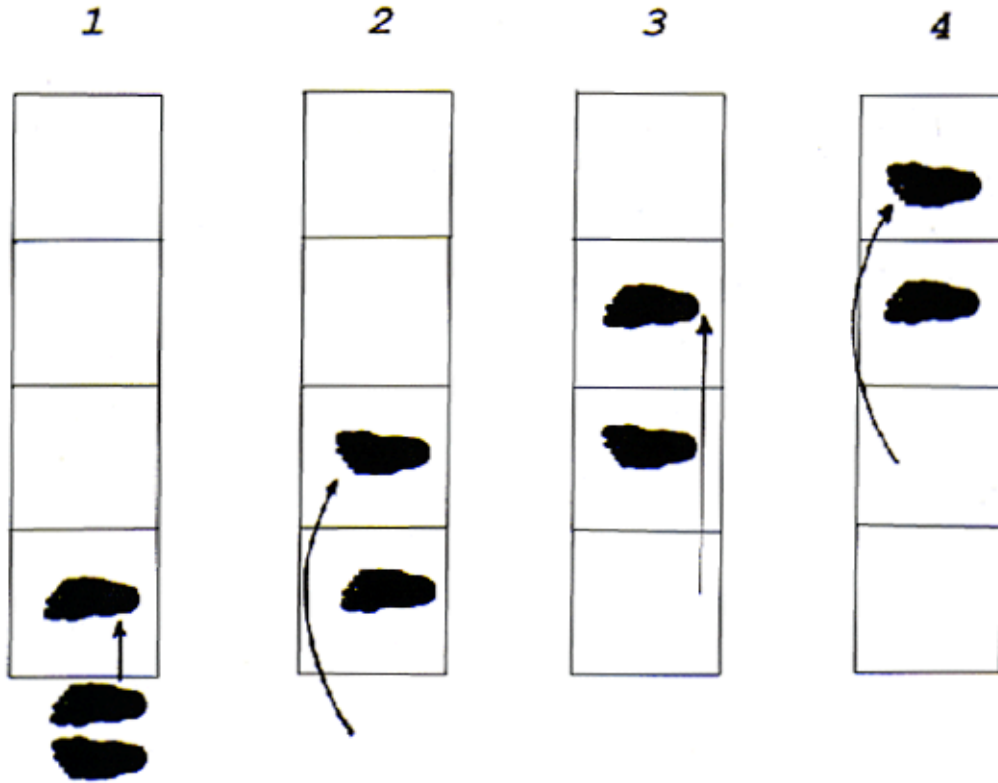
**SLALOM JUMP**

1. Begin at one end of the ladder as pictured
2. Keeping both feet together, jump down one side of the ladder (in zigzag pattern)
3. The drill can also be performed using one leg.

**TWIST JUMP**

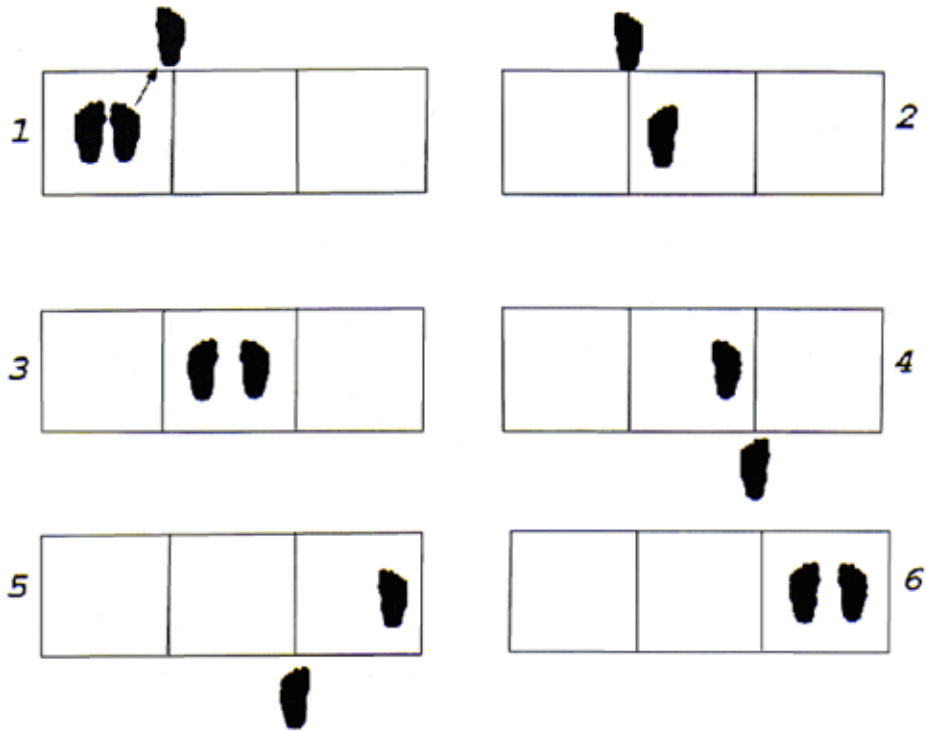
1. Begin at one end of the ladder as pictured.
2. Keeping both feet together, perform a series of jumps as shown in the diagram above. The direction of the feet for each jump is as follows: straight ahead, right, straight ahead, left, straight ahead, and so forth.
3. This drill forces you to rotate the hips with each jump.

# CARRIOCA



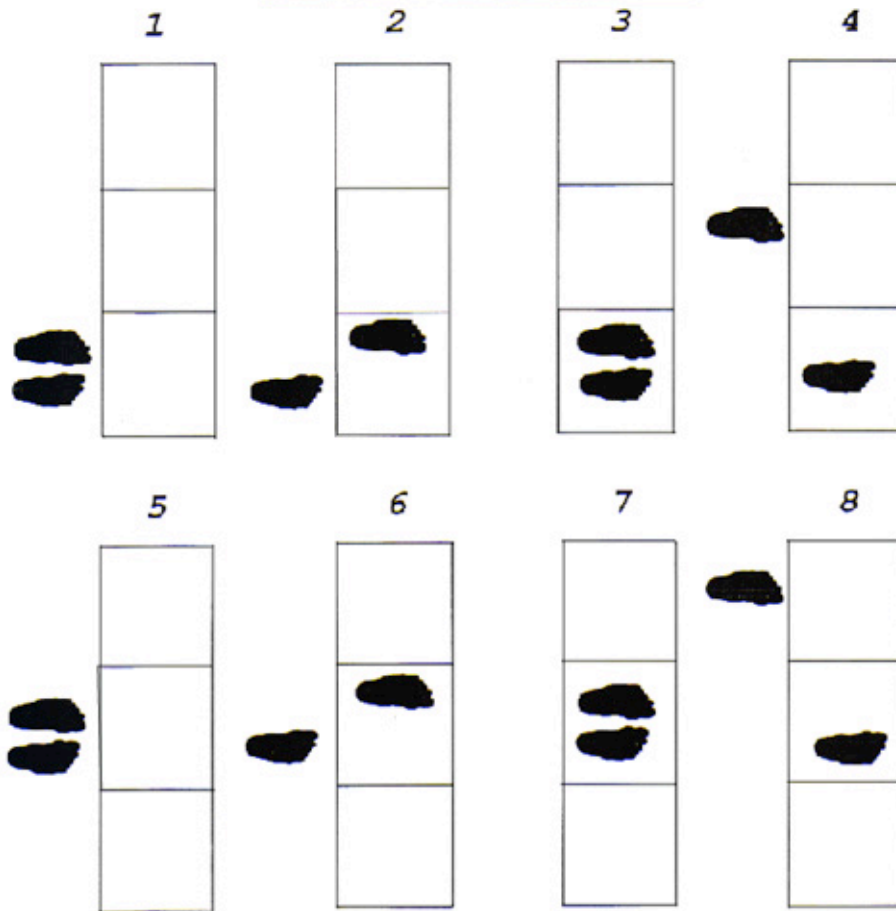
1. Begin standing sideways at one end of the ladder. Step with the right foot into the first hole.
2. Cross the left foot over into the second hole. The left foot should cross in front of the right foot.
3. Step with the right foot into the third hole. The right foot should cross behind the left foot.
4. Once again, the left foot will cross over in front of the right foot into the next hole.
5. Repeat this sequence throughout the ladder.
6. Emphasize a high knee step when crossing over in front.

## FRONT-BACK SHUFFLE



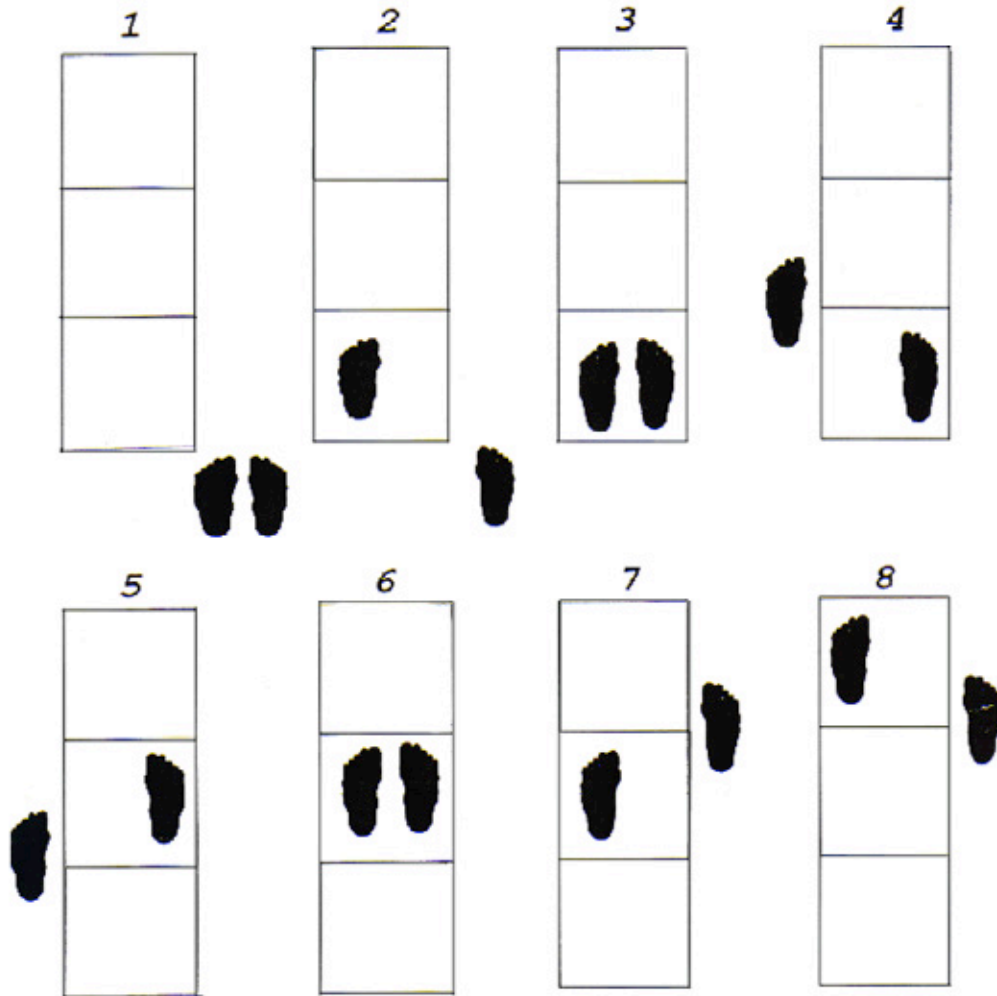
1. Begin standing sideways at one end of the ladder. Step forward with your right foot above the ladder. NOTE: Always lead with the foot in the direction you are going (moving right, lead with right foot)
2. Step to the side with the left foot into the second hole.
3. Step back with the right foot so that both feet are in the second hole.
4. Step back with the left foot below the ladder.
5. Step to the side with the right foot into the third hole.
6. Step forward with the left foot so that both feet are in the third hole
7. You are now back at the beginning steps in the sequence. Repeat the entire sequence throughout the ladder.

## IN-OUT SHUFFLE



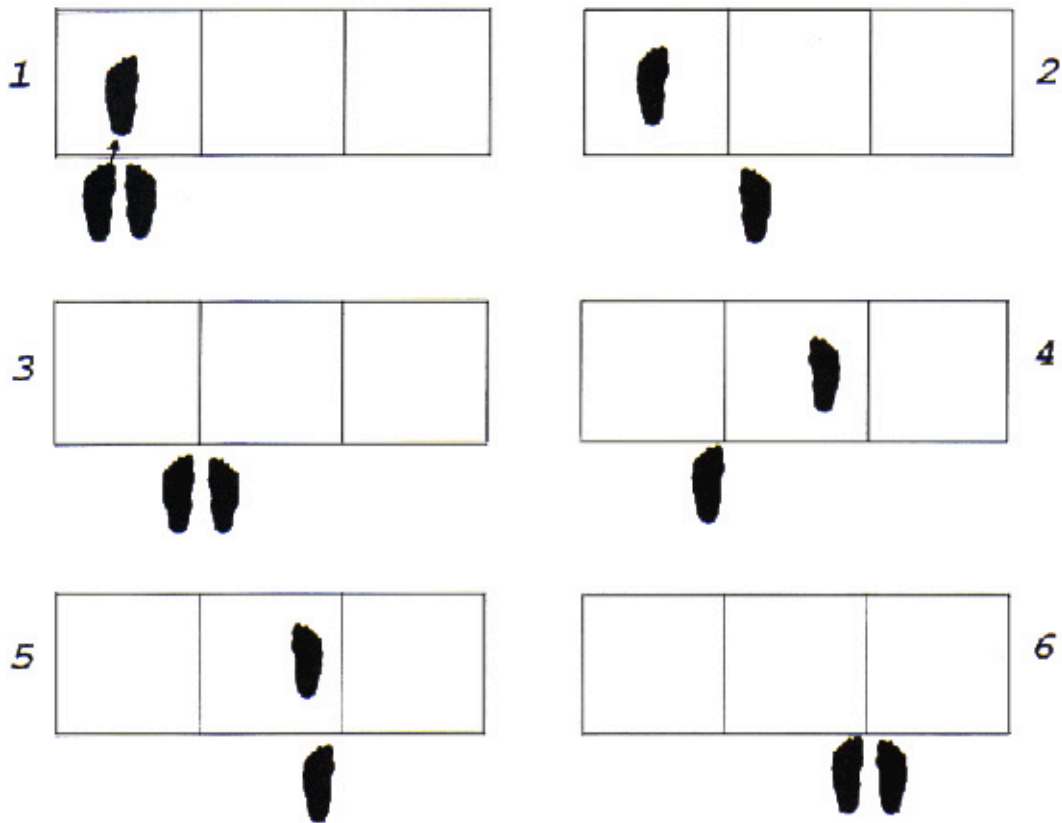
1. Begin standing sideways to the ladder
2. Step with the left foot straight ahead into the first hole
3. Follow with the right foot
4. Step back with the left foot to the next hole
5. Follow with the right foot
6. Repeat this sequence throughout the ladder
7. The step sequence can be summarized
  - 1) in left
  - 2) in right
  - 3) out left
  - 4) out right
  - 5) repeat steps.

## ZIG-ZAG SHUFFLE



1. Begin to the side at the end of the ladder
2. Step forward at an angle with the left foot into the first hole
3. Follow with the right foot.
4. Step forward at an angle with the left foot to the left side of the second rung of the ladder
5. Step straight forward with the right foot into the second hole
6. Step forward at an angle with the left foot in the second hole
7. Step forward at an angle with the right foot to the right side of the third rung of the ladder.
8. Step straight forward with the left foot into the third hole
9. Repeat this sequence throughout the ladder beginning with step #2.

## AGILITY SHUFFLE



1. Begin standing sideways at one end of the ladder. Step forward with the left (outside) foot into the first hole.
2. Step sideways with the right (inside) foot into the first hole.
3. Step back with the left foot so that both feet are outside of the first rung of the ladder
4. Step forward with the right foot into the second hole
5. Step sideways with the left foot to outside of the second rung of the ladder
6. Step back with the right foot so that both feet are outside of the second rung of the ladder
7. Step forward with the left foot into the third hole. Repeat the above sequence throughout the ladder
8. The sequence of steps can be summarized:
  - 1) left forward
  - 2) right sideways
  - 3) left back
  - 4) right forward
  - 5) left sideways
  - 6) right back
  - 7) repeat steps