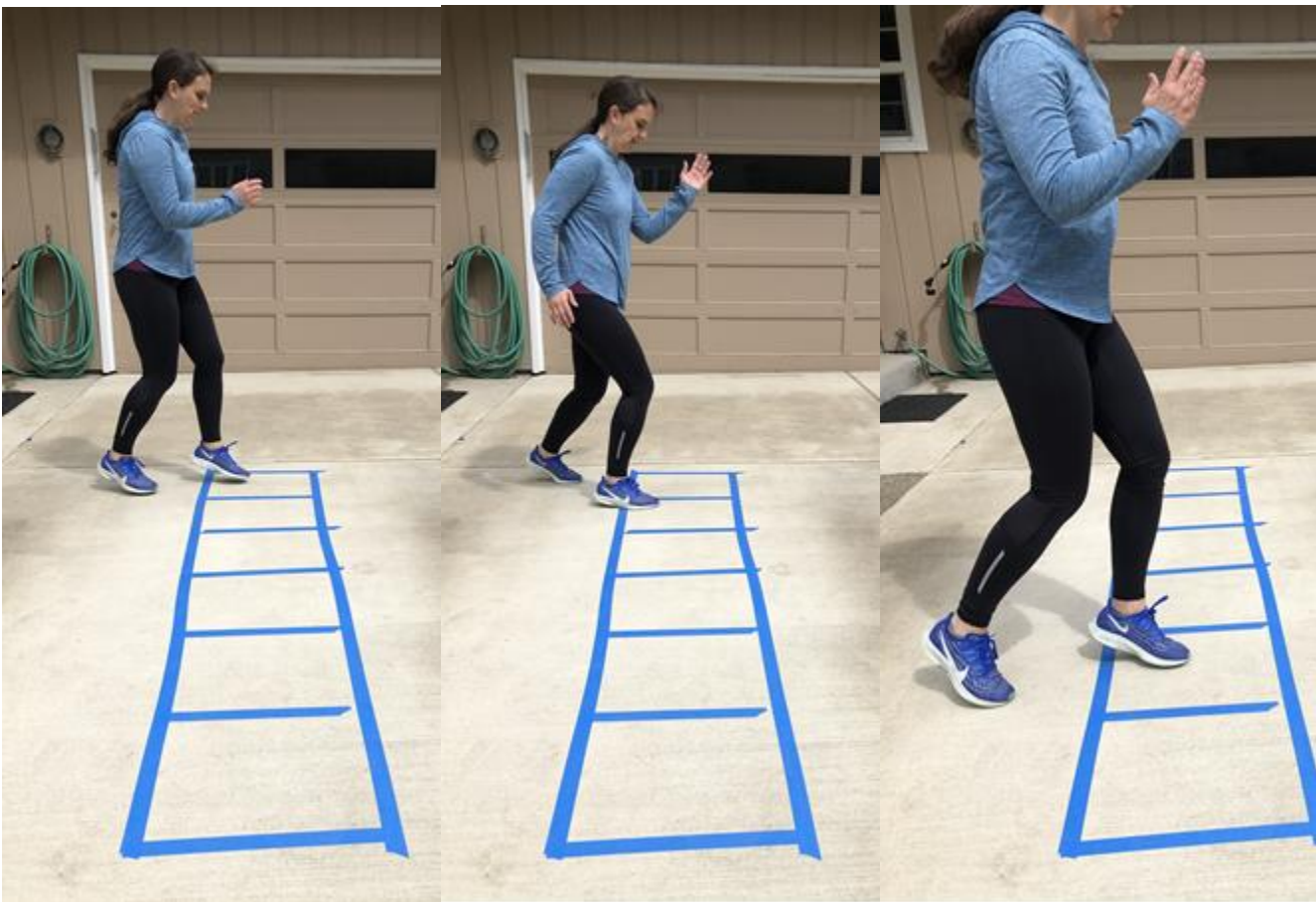




Quick Switches

This drill will improve lateral quickness. The key is to go as quick as you can.

Stand perpendicular to the ladder. Begin by lifting one foot into the first box as quickly as possible followed by the other foot, switching feet in and out of the next box as you move down the ladder. Pump your arms with short range of motion to mirror the quick steps.

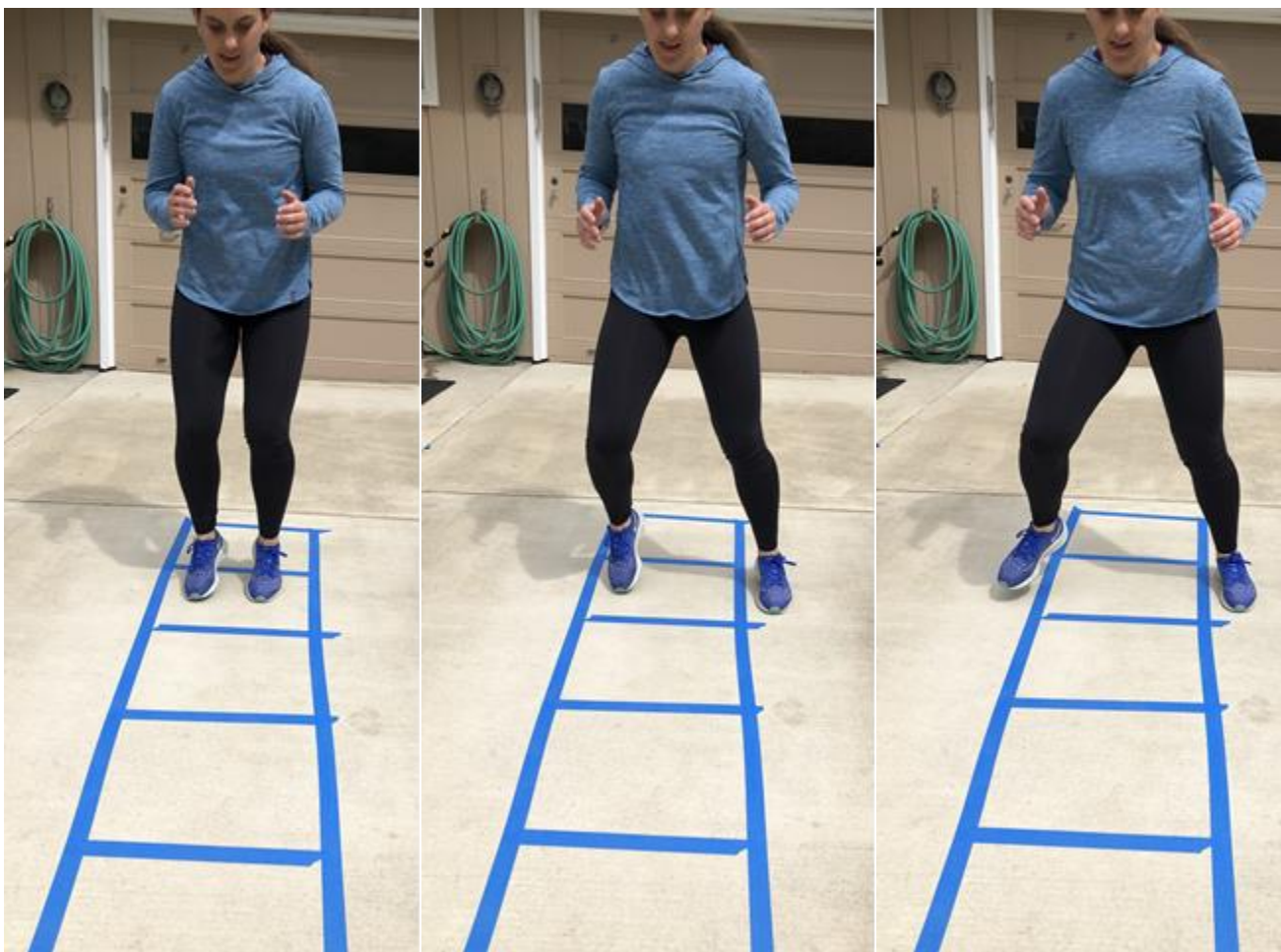




In-In Out-Out

This drill incorporates lateral movements.

With the ladder in front of you. Begin by stepping into the box with your right foot and immediately followed by your left foot. Step outside of the box with the right foot and follow with the left foot on the other side of the ladder. Continue an in-in, out-out pattern as you move to the next box throughout the entire ladder.





High Knees

This drill improves running efficiency when sprinting at max speed.

Start in the ladder. Driving knees up to waist height, bend arms at 90 degrees and swing them back and forward with maximal effort. Continue through entire ladder moving left to right with each foot landing in each box.





Icky Shuffle

This drill mimics sport-specific movements and improves lateral quickness.

Stand with the ladder in front and slightly to the right. Step into box with right foot and immediately follow with left foot. Step outside box with right foot. Step forward with left foot into next box. Step into second box with right foot and step outside of box with left foot. Continue in side-to-side fashion for entire ladder.





DIY Agility Ladder

Materials:

- Measuring tape or ruler
- Tape or chalk

Directions

Decide how long you want your agility ladder. You can make the length as long as you want, the longer the ladder, the more challenging. Place a strip of tape or draw a line on the ground the length of your ladder. Measure rungs about 15 inches apart, use tape or chalk to mark your rungs. Place a second strip of tape or draw a chalk line on the other side of the rungs to complete the ladder. Have fun!

