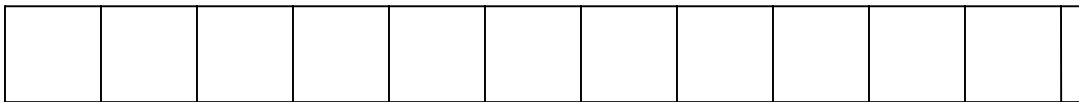


Agility Ladder Basics

I have received some questions lately as to what is, and what the purpose is of an agility ladder. For those of you who don't know, an agility ladder is basically two long nylon ropes that run parallel with plastic rungs that run perpendicular to the ropes every 18 inches or so.

EXAMPLE:



The agility ladder (a.k.a. abc ladder, speed ladder, etc.) is placed on the ground, and athletes run through the ladder using a variety of patterns. The various patterns work to improve foot speed, agility, balance, coordination and body control. While performing the drills, concentrate on not hitting any ropes or rungs, go as fast as you can, and perform the drills quietly. This will force you to land softly and under control.

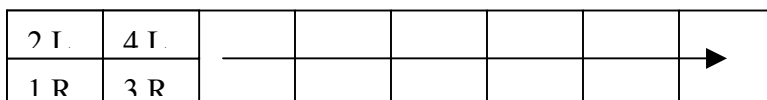
The agility ladder is a great and versatile training tool that can be used at virtually every level of development. It can be implemented as part of the teams warm-up, cool-down, or as a separate training session. I have included some basic sample drills to get you started, but the combinations are limitless. Good Luck.

Aaron P. Marston

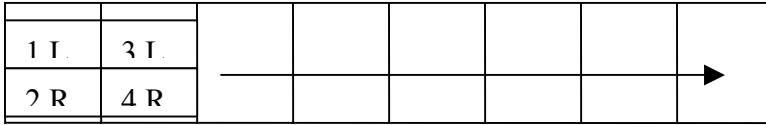
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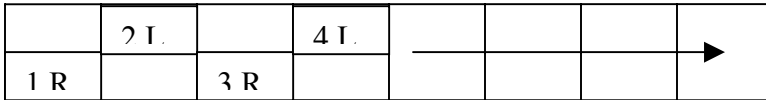
Drill 1: Forward-2 feet in each box-Right foot first



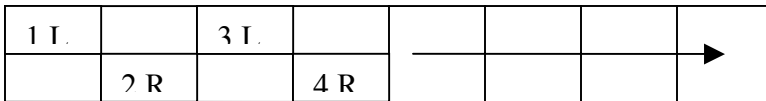
Drill 2: Forward-2 feet in each box-Left foot first



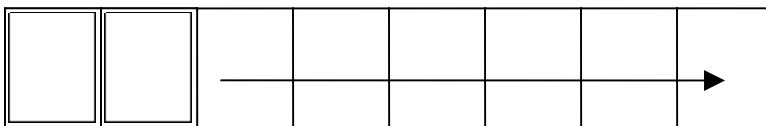
Drill 3: Forward-1 foot in each box-Right foot first



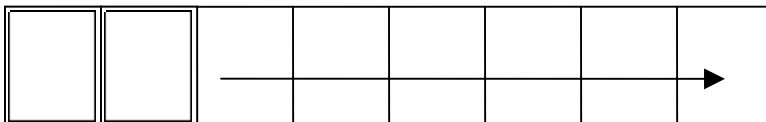
Drill 4: Forward-1 foot in each box-Left foot first



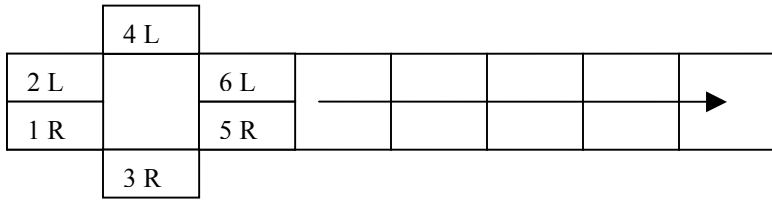
Drill 5: Sideways-2 feet in each box-Right foot first



Drill 6: Sideways-2 feet in each box-Left foot first



Drill 7: Forward-2 feet in; 2 feet out-Right foot first



Drill 8: Forward-2 feet in; 2 feet out-Left foot first

