

Ladder Agility Drills

Here are some general guidelines for all the ladder agility drills below...

- Push off from the balls of your feet (not the toes)
 - Pump your hands from shoulder height to hips (men) and from chest height to hips (women)
 - Keep elbows at 90 degrees at all times
 - Keep arms, shoulders and hands relaxed
- Try to keep head still as much as possible

#1 Basic Ladder Drill

- Hop Scotch Drill This is one of the most basic ladder agility drills, even if you're too old to remember playing hop scotch (or just won't admit to it!).
- Start with your feet hip width apart at the bottom of the ladder
- Jump up with both feet and land on the left foot only in the first square
- Immediately push off with your left foot and land with both feet in the second square
- Immediately push off with both feet and land on your right foot only
- Push off from your right foot and land on both feet.

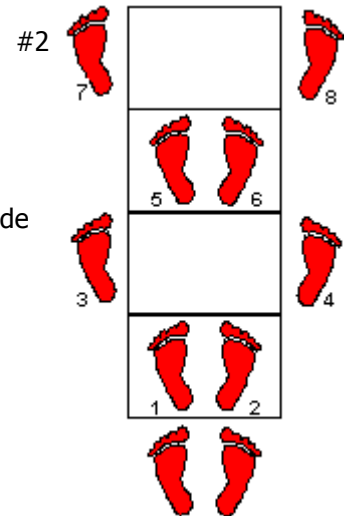
Repeat this pattern for the full length of the ladder



#2 In-Out Drill

Another basic drill to master but no less effective!

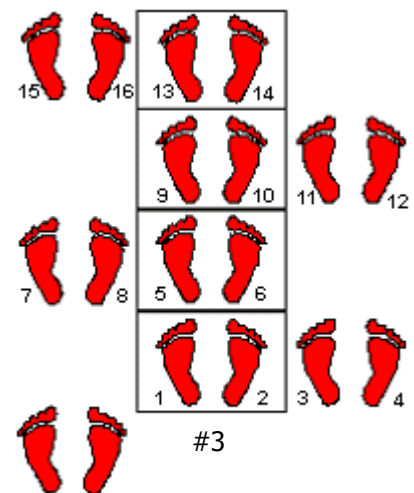
- Start with your feet hip width apart at the bottom of the ladder
- Step into the first square with your **left** foot first, immediately followed by your **right** foot
- With your **left** foot step outside to the left the second square, then immediately step outside the second square with your **right** foot
- Step back into the third square with your **left** foot first, followed by your right foot.
- Repeat this pattern in fluid motion for the length of the ladder



#3 Lateral Feet Drill

The ladder agility drills from now on require more practise and coordination. Be sure to give yourself several dummy runs before attempting at speed

- Start with both feet outside of the first square and to the left
- Step into the first square with your **left** foot first, immediately followed by your **right** foot... in a 1-2 motion
- Step to the right, outside the first square again with your left foot fist, followed by your right
- Now step diagonally left into the second square, with the left foot leading always keeping the same 1-2 motion
- Now step out to the left-hand side of the second square and repeat for the full length of the ladder
- If you perform several sets of this drill start at different sides of the ladder so your lead foot changes each time



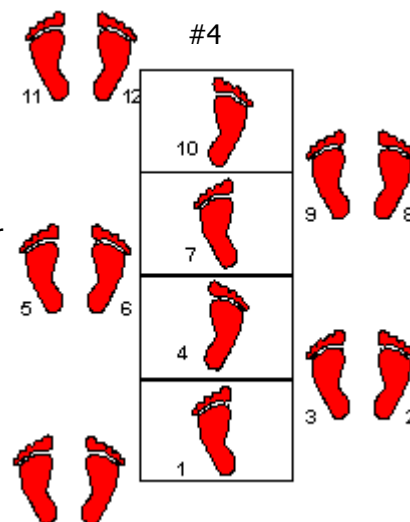
These ideas are courtesy of
Lettuce Make Thyme Inc.

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#4 Tango Drill

I call this the Tango drill after the dance. If you perform it correctly you'll see why. Or should it be the Foxtrot?

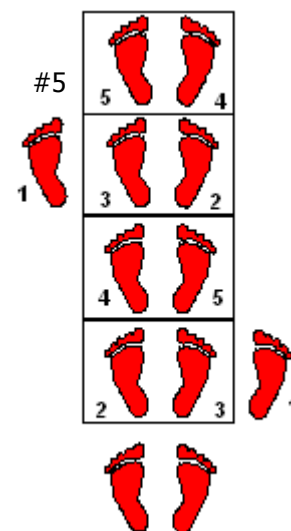
- Start with both feet outside of the first square and to the left
- Cross your **left** leg over your right and into the centre of the first square. Your **right** leg should immediately follow to the right of the first square, followed by your left leg
- It's a 1-2-3 motion like you're dancing
- From here your **right** foot comes across your left and into the centre of the second square as the pattern is repeated in the opposite direction
- Repeat for the full length of the ladder



#5 Five Count Drill

This is the most difficult to master of these ladder agility drills and require patience even for the most dexterous. But when you get it right with speed just think how much coordination and agility you'll have developed!

- Start with your feet hip width apart at the bottom of the ladder
- Step out to the right of the first square With your **right** foot immediately followed by placing your left foot into the first square
- Bring your right foot along side your left in the first square then step into the second square with your left foot immediately followed by the right
- Count these first five steps in a 1-2-3-4-5 manor
- Reverse the sequence by stepping out to the right of the third square with your left foot
- Repeat for the full length of the ladder



General Guidelines For Speed And Agility Drills

Quality is the key to speed and agility drills being successful. Keep the individual sprints short and rest **completely** between sets. Use these pointers to maximise your training returns...

1. Warm up thoroughly. Speed and agility drills may not leave you out of breath but they do put considerable strain on your musculature.
2. You will gain most benefit from these speed and agility drills if you have previously developed a **solid strength and power base**.
3. A typical session should consist of approximately **5 sets of 10 repetitions** (each sprint being 1 repetition). Work to rest ratio should be **1:5** i.e. a 5 second sprint should be followed by a 25 second recovery period.
4. The speed and agility drills below are suitable for many sports. To make them more specific adapt them slightly to mirror the **movement patterns** in your game. You'll find some examples below.

Chose 2 or 3 of the speed and agility drills below to make up the session, keeping to the recommended number of sets and repetitions.

Ready? "Marks" "Set" "Go!"...

General Guidelines For Speed And Agility Drills

Quality is the key to speed and agility drills being successful. Keep the individual sprints short and rest **completely** between sets. Use these pointers to maximise your training returns...

- 1.** Warm up thoroughly. Speed and agility drills may not leave you out of breath but they do put considerable strain on your musculature.
- 2.** Speed and agility drills should be performed on **separate days** to other training or at least at the beginning of the session.
- 3.** You will gain most benefit from these speed and agility drills if you have previously developed a **solid strength and power base**.
- 4.** A typical session should consist of approximately **5 sets of 10 repetitions** (each sprint being 1 repetition). Work to rest ratio should be **1:5** i.e. a 5 second sprint should be followed by a 25 second recovery period.
- 5.** The number of sessions per week varies greatly. For most team sports speed and agility drills should be introduced late on in pre-season training. Two sessions a week is ample. During the season 1 session a week may be enough. Sprint athletes may need as many as 3 sessions per week.
- 6.** The speed and agility drills below are suitable for many sports. To make them more specific adapt them slightly to mirror the **movement patterns** in your game. You'll find some examples below.

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