



Agility Ladder

In various fields of sports competition, the body is constantly asked to perform movements from unfamiliar joint angles. The main objective for agility ladder programs is to promote a wide range of different foot and movement patterns. These skilled movements become second nature and the body is able to respond quickly to various angles that are required in sporting events.

We can improve our agility by practicing the movements in training and an agility ladder is an essential tool in a complete agility program. The standard ladder is 10 yards long with 18 inch squares but you can construct your own ladder using sticks or tape.

When beginning an agility ladder program introduce 2 to 4 movements. Once you master these patterns then introduce new patterns. Keep in mind that this is a general recommendation as the introduction of movements depends on your athlete's ability to master the movements.

Exercises

Detailed below are some ladder drills you could use with your athletes.

Exercise 1

- Run through the ladder placing one foot in the middle of each square
- Emphasize arm swing, powerful high knee drive with the toes dorsiflexed and quick ground contact



Exercise 2

- Run through the ladder touching both feet in each square.
- Emphasize arm swing, powerful high knee drive with the toes dorsiflexed and quick ground contact.



Exercise 3



Fig 3a



Fig 3b



Fig 3c



Fig 3d



Fig 3e

1. Begin by standing sideways to the ladder (Fig 3a)

2. Moving in a lateral fashion to your right, step into the first square with the right foot (Fig 3b)
3. Step in with the left foot (Fig 3c)
4. Step back out with the right foot (Fig 3d)
5. Step back out with the left foot (Fig 3e)
6. Repeat the sequence from 2 to 5 all the way along the ladder

Exercise 4



Fig 4a



Fig 4b



Fig 4c



Fig 4d

1. Perform the drill in a sideways position to the ladder (Fig 4a)
2. Moving to the right, place the right foot into the first square (Fig 4b)
3. Next, step across the ladder with the left foot (Fig 4c)
4. Remove the right foot from the ladder placing it next to your left foot (Fig 4d)
5. Now, step forward into the second square with the left foot
6. Next, step across the ladder with the right foot
7. Remove the left foot from the ladder placing it next to your right foot
8. Repeat the sequence from 2 to 7 all the way along the ladder

Exercise 5



Fig 5a



Fig 5b



Fig 5c



Fig 5d



Fig 5e

9. Start straddling one side of the ladder - right foot in the first square and your left foot outside of the ladder (Fig 5a)
10. Do a jump to your right so your right foot stays in the ladder square and your left foot lands in the next ladder square (Fig 5b)
11. Do a jump to your left so your left foot stays in the ladder square and your right foot lands outside the ladder (Fig 5c)
12. Do a jump to your left so your left foot stays in the ladder square and your right foot lands in the next ladder square (Fig 5d)

13. Do a jump to your right so your right foot stays in the ladder square and your left foot lands outside the ladder (Fig 5e)
14. Repeat the sequence from 2 to 5 all the way along the ladder

Exercise 6



Fig 6a

Fig 6b

Fig 6c

Fig 6d

Fig 6e

Fig 6f

1. Begin standing sideways to the ladder (Fig 6a)
2. Step into the first square with the right foot (Fig 6b)
3. Next, step over the ladder to the other side with the left foot (Fig 6c)
4. Step with the right foot laterally to the next square (Fig 6d)
5. Next, step over the ladder to the other side with the left foot (Fig 6e)
6. Step with the right foot laterally to the next square (Fig 6f)
7. Repeat the sequence from 3 to 6 all the way along the ladder