Ladder Drills
Agility ladders can help improve balance, foot speed, agility and body control.

Dimensions if need to be created: 15 boxes, each box is 16 inches wide and 16 inches long

For each exercise, encourage each athlete to use quick feet, arms moving in a “L” shaped form (running form), head up, and increase speed as pattern becomes more natural.

Website commentary for coaching cues: You-Tube Video

Complete each exercise two times through. To make it more challenging, change the lead leg if feet are separate.

Level 1

1) **One Foot Run**: Athlete will start by placing one foot in each of the ladder holes as fast as possible.

2) **Two Footed Run**: Athlete will start by placing two feet in each of the ladder holes at separate times as fast as possible.

3) **One-Two Foot Run**: Athlete will start by placing one foot in the first box, two feet in the second box, one foot in the third, two in the fourth, etc. as fast as possible. Steps should alternate feet.

4) **Brake Run**: Athlete will start with one foot run as fast as possible, and switch to the two footed run at the half-way point of the ladder.

5) **Opposite Brake Run**: Athlete will start with two footed run as fast as possible and switch to the one foot run at the half-way point of the ladder.

6) **Carioka/Grapevine**: Athlete will begin moving laterally across the ladder facing one direction, their back leg will cross in front of their leading leg, while their hips swivel. The athlete’s hips will swivel again bringing their feet to a normal position. Then the back leg will cross behind the leading leg, while their hips swivel twice bringing their feet back to normal. Repeat facing the other direction.
7) **Lateral Separation Run**: Athlete will begin by being lateral to the ladder. They will then begin by shuffling feet through ladder one foot at a time, keeping space so feet are not in the same box at one time. So, place front foot in the first box with the back foot outside of the ladder. Take a step with front foot into second box (feet now have a box separating them), and then take a step with the back foot into the first box. Repeat pattern.

   ![Lateral Separation Run Diagram]

8) **Lateral 2 Feet In**: Athlete will begin by being lateral to ladder. They will then begin by shuffling feet through ladder while placing both feet in each ladder hole, one step at a time. Same pattern as Lateral Separation Run except feet will share a box.

9) **Rabbit Hop**: Athlete will hop with both feet together in each hole. Different patterns may be used for variation such as skipping a box or two between each hop.

   ![Rabbit Hop Diagram]

10) **Hop Scotch**: Athlete will start with feet together in front of the ladder. They will then jump forward now straddling the ladder outside of the first box. Next, the athlete will jump forward splitting ladder with feet together in the second box. Repeat.

   ![Hop Scotch Diagram]

11) **Backwards Hop Scotch**: Athlete will turn around and perform hop scotch backwards.

   ![Backwards Hop Scotch Diagram]

12) **Jump Cuts**: Athlete will start with both feet on the outside of the agility ladder. They will continue by jumping to opposite side of the ladder by moving ahead one box. Athlete will always stay on the outside of the ladder.

   ![Jump Cuts Diagram]

13) **Chimney Jumps**: Athlete will jump as high as possible in the first box, set feet, and get ready to jump to fourth box. Set feet, jump, set feet, and jump ahead skipping two boxes. Continue pattern until end of ladder. This may be revised to skipping one, two, three, or four boxes between jumps.

   ![Chimney Jumps Diagram]
14) **Scissor Skips:** Athlete will begin with feet split with right foot in box two and left foot in box one. Switch feet at the same time while moving up a box each time moving down the ladder.

15) **Ali’s One In:** Athlete will line up on the outside horizontally of ladder, with one foot in the ladder hole and one on the outside. Athlete will skip down the ladder by switching feet at same time in every hole until the end of the ladder.

16) **Ali’s Two In:** Athlete will line up on the outside horizontally of ladder, with one foot in the ladder hole and one on the outside. Athlete will skip down the ladder by switching feet at same time so both feet are in every hole until the end of the ladder.

17) **Icky Shuffle:** Athlete will start at one end of the agility ladder standing slightly to the left. They will then quickly take one step to the right into box one followed by the other foot. The athlete will continue going right by, without stopping, stepping to the outside with one foot and quickly stepping back into the ladder (now going left) into box two with both feet. Continue by stepping outside the ladder with left foot and quickly return to ladder into box three. Continue moving down the ladder as fast as possible until the end of the ladder.

18) **Double Step Icky Shuffle:** Athlete will start at one end of the agility ladder standing slightly to the left. They will then quickly take one step to the right into box one followed by the other foot. The athlete will continue going right by, without stopping, stepping to the outside with both foot and quickly stepping back into the ladder (now going left) into box two with both feet. Continue moving down the ladder as fast as possible until the end of the ladder.

19) **Icky Shuffle Wide:** Athlete will perform a normal icky drill but instead place one foot outside the agility ladder wider than normal. Try to really push off the foot outside the ladder and push to get at least one foot (12 inches) away from the ladder each time taking the step outside the ladder.

20) **Straddle Hops:** Athlete will start with the right foot in the ladder in box one and the left foot outside the ladder even with the right foot. Athlete will quickly hop forward and to the right landing with the left foot in box two and the right foot outside the ladder even with the left foot. Continue moving down the ladder until the end of the ladder is reached.

21) **Backwards Straddle Hops:** Straddle Hops drill is performed the same as forwards by facing the opposite direction moving backwards.

22) **Double Square Buzz-Saw:** Athlete will start with both feet horizontally outside of ladder. They will then quickly place both feet into ladder box one and quickly take both feet out of agility ladder. That athlete will continue down the agility ladder until end of ladder is reached.

Variations to current drills:

- **Run outs** – sprint different distances after ladder is complete, perform other agility moves after the ladder drill is finished
- **Partner races** – one athlete starts in front of the other athlete (give 2-3 second head start) before the other athlete begins and chases to the end of the ladder
- **Audible commands** – athlete changes direction on whistle or voice
- **Visual commands** – athlete changes direction when a motion is made (keeps head up)
- **Sensory commands** – athlete changes direction when tapped on shoulder*
- **Resisted drills** – athlete works through drill although coach pulls against them with a plyocord to increase strength*
- **Assisted drills** – athlete performs drill when coach pulls them with a plyocord to become faster*
- **Ball drills** – athlete will perform drill while coach tosses medicine, volleyball, dodge ball, etc. to them
- **Crooked ladder drills** – athlete will perform drill and change either direction or drill when ladder changes direction
- **Down and back** – athlete will perform one drill down ladder and turn around at the end, turn around, and perform the same drill

I have three more levels of drills if the girls perfect these motions. However, I believe that if we keep it simple and aim towards perfection of these basic movements the better. I would not use the variations with the * at this time.