

Agility Ladder Exercise Series (10 – 14 min)

| Name | One foot in each box | Two feet in each box | One out & two in | Two out & two in | Lateral run | Defence slide | Defence slide zigzag | Grape vines | One foot skip (ankle exercise) | One foot skip zigzag (ankle exercise) | One foot skip lateral (ankle exercise) | Box machinegun run |
|--------------------------|--|--|---|---|---|--|---|--|--|---|---|--|
| Notes | <ul style="list-style-type: none"> - Normal running, x2 - Run on balls of feet - Light stepping - Relax knees - Lock & swing elbows | <ul style="list-style-type: none"> - Right foot first, left foot first, x1 each - Same techniques as one foot in | <ul style="list-style-type: none"> - One out (side) & two in (box), x2 - Step just outside the ladder - Machinegun tempo - Use arms for balancing | <ul style="list-style-type: none"> - Two out (side) & two in (box), x2 - Tip the second outside feet, and put the same feet back in box first | <ul style="list-style-type: none"> - Moving right & left, x1 each - Forward foot (right foot if you are going right) go in/out the box first - running technique | <ul style="list-style-type: none"> - Moving right & left, x1 each - Big to bigger stance, bend knees, head above knee level - Level shoulders, active hands | <ul style="list-style-type: none"> - Moving right & left, x1 each - Same techniques as normal defence slide | <ul style="list-style-type: none"> - Moving right & left, x1 each - Use arms for balancing | <ul style="list-style-type: none"> - Right & left, x1 each - Hands behind head or hold a ball above head - Skip slower the better for ankle strengthening - Heel not touch floor - Accurate landing | <ul style="list-style-type: none"> - Right & left, x1 each - Same techniques as normal skip | <ul style="list-style-type: none"> - Right & left, x1 each - Same techniques as normal skip | <ul style="list-style-type: none"> - Out/out & in/in, 10 sets - Right foot first, left foot first, x1 each - All players get a box each (a space between players) - Count out loud (no cheating) |
| Duration for group of 10 | 40 sec | 60 sec | 80 sec | 100 sec | 80 sec | 60 sec | 80 sec | 40 sec | 80 sec | 80 sec | 80 sec | 60 sec 10 min total 14 min total |
| Diagram | | | | | | | | | | | | |

ⓘ Dribble one or two balls while doing the drills as advanced variation (i.e. Dribble a ball each on both side of ladder while doing the “one foot in”)