

Want to Reach New Heights in Speed and Agility Training? Just use a Ladder!

Separated Ladder drills

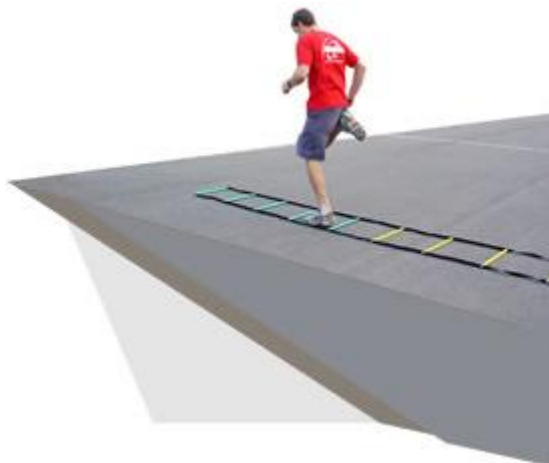
Equipment- 2 or 4 piece Agility Ladder

Separate your Agility Ladder into two pieces so that there is a 5 m gap between both ladders.

Add intensity by adding a short sprint between ladders before commencing the next foot drill.

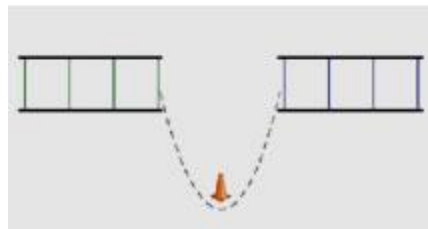
To further increase intensity have participants sprint to a cone and back before completing foot pattern drills on the next ladder (see picture below).

► [Free downloads - Agility Ladder drills video clips available online. http://www.bodymotion.com.au/video/agilityladder.html](http://www.bodymotion.com.au/video/agilityladder.html)



Participants can move between the ladder in a number of ways including:

- two feet broad jumps
- skipping
- butt kicks
- drop on back or belly
- hit a tackle bag
- slow lunges
- lateral run
- Carioca run
- fast feet
- high knees
- single leg hops



An example of Separated Ladder drills in pictures

More drill examples and ideas (including **FREE video clips**) available online. <http://www.bodymotion.com.au/video/agilityladder.html>

1. Red: high knees



2. Blue: butt kicks



3. Drop on belly



4. Push up



5. Yellow: high knees



2. Green: butt kicks



Coloured Ladder Drills

Join all 4 sections of a 8m coloured ladder together to form one single ladder. This set up allows you to change the foot pattern as a new colour is reached. You may change the foot pattern as a new colour is reached or use two options only. For example

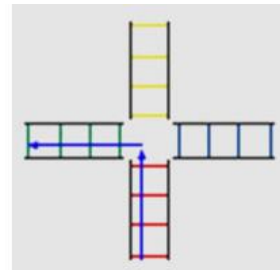
	Green Section	Blue Section	Yellow Section	Red Section
1	High Knee Run	Fast Feet Run	High Knee Run	Fast Feet Run
2	Two Foot jump	Fast Feet Run	Two Foot Jump	Fast Feet Run
3	Right Foot Hop	Left Foot Hop	Right Foot Hop	Left Foot Hop
4	Lateral Run	Lateral Jump	Lateral Run	Lateral Jump
5	Lateral Run High Knee	Fast Feet	High Knee	Fast Feet

Check out our FREE Coloured Ladder drill video clip available online. <http://www.bodymotion.com.au/video/agilityladder.html>

4 Piece Ladder Cross Formation

Use the velcro connections on a four piece coloured ladder to create a cross formation. This formation sets up an intersection of all 4 colours in the middle which allows for a large number of drill variations, cues and reactions. E.g. one step run to through the red ladder to the centre and complete a left lateral run through the green ladder.

► [Free download - 4 piece Ladder Cross Formation drill video clip available online. http://www.bodymotion.com.au/video/agilityladder.html](http://www.bodymotion.com.au/video/agilityladder.html)



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