



Agility Ladder

Using chalk on the ground or an agility ladder if you have one at home, complete these exercises. Set a timer for 45 seconds and see how many laps you can do, repeat 2 more times to see if you can beat your score. All diagrams go from right to left on your page. . Right foot – white, left foot – black.

1 Linear Run



Run down the center of the ladder, with each foot making contact. Turn around and run back to starting position.

Top score -

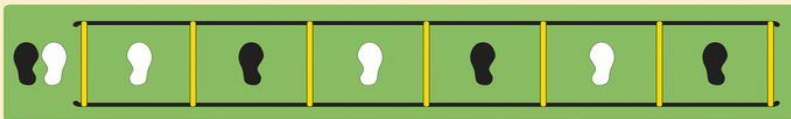
2 Lateral Quick Steps



Stand on the right side of the ladder, then sprint laterally by stepping your right foot to the first box, followed by your left.

Top score -

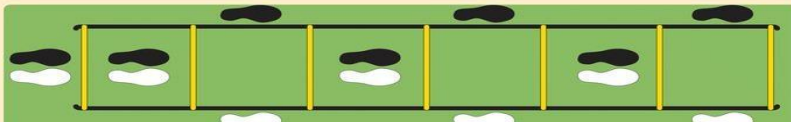
3 Cariocas



Stand on the right side of the ladder, then sprint laterally by stepping your right foot to the first box, followed by your left.

Top score -

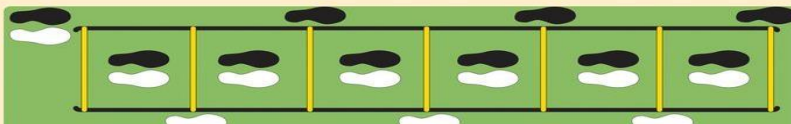
4 In & Out



Hop into the first box, landing with both feet in the center. Then hop to the second box, with both feet outside of the ladder.

Top score -

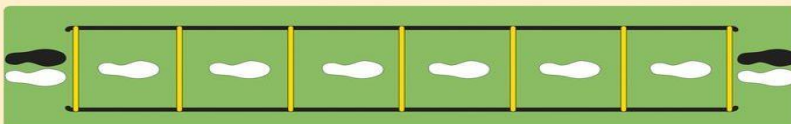
5 Ickey Shuffle



Begin on the side of the ladder, step laterally into the first box, then immediately follow it with your rear foot.

Top score -

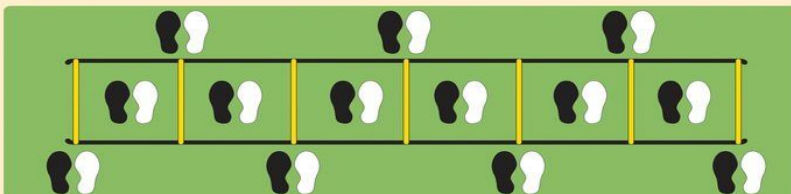
6 Ickey Shuffle



Stand on one foot, then hop through the ladder on the planted foot as fast as possible without losing form.

Top score -

7 Side Straddle Hop



Top score -