

LADDER: SINGLE LEG SLALOM

MOVEMENT

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- Begin standing at one end of the ladder standing on one leg.
- Jump into the first square, upon landing immediately jump laterally to one side of the first square.
- Immediately jump diagonally and forward in to the second square, then jump laterally to the other side of the ladder.
- Continue jumping in and out to each side of the ladder in a zig-zag pattern.
- Jog back to line.
- Halfway through time allocated repeat this drill leading with the opposite leg.

HOW TO MAKE AN AGILITY LADDER

- Ladders can either be purchased or homemade.
- Determine the length of the side rails using a measuring tape.
- Draw out the first side rail to the desired dimension using chalk, paint or tape.
- Place the second side rail that is equal in length parallel to first with 20 inches between them.
- Every 18 inches, use the chalk, paint, or blue painter's tape to draw out the rungs between the two side rails.



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