

# LADDER: TAPIOCA

## MOVEMENT

- 1 • Begin by standing sideways at one end of the ladder with the lead foot directly next to the ladder.
- Move sideways using smaller steps, cross the trail leg in front of the lead leg placing the trail foot in the first square.
- The lead leg then steps behind the trail leg back into the lead position in the same square.
- The lead leg foot then steps into the next square, followed by trail leg.
- Rotate the hips and shoulders with the movement of the feet throughout the duration of this drill.
- Jog back to line.
- 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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