

LADDER: 2 IN THE HOLE

MOVEMENT

①

- Stand and face the ladder at one end.
- While running forward, with proper arm swing, place each foot in each square one foot at a time.
- Repeat this drill leading with the opposite foot.
- Jog back to line.
- Player tries to avoid stepping on a ladder rung (land mine).

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.



LADDER: 2 IN THE HOLE

①

