

# LADDER: ICKY SHUFFLE

## MOVEMENT

- Begin standing at the end of the ladder and to the side of the first square.
- ① • Facing forward step laterally into the first square of the ladder with each foot.
- Immediately step out with just the outside foot.
- Place the foot still in the square into the next square of the ladder followed by the outside foot.
- Immediately step out to the other side with just the outside foot.
- Continue this pattern moving as quickly as possible while maintaining good body control.
- Jog back to line.
- Halfway through time allocated repeat this drill leading with the opposite leg.

## ADVANCED

Perform same movement backwards.

## 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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