

LADDER: LATERAL 1 IN THE HOLE

MOVEMENT

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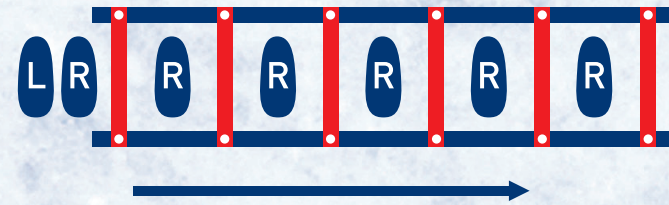
- Stand sideways at one end of ladder.
- Hop laterally through entire ladder with foot closest to ladder.
- Halfway through time allocated repeat using opposite (outside) foot.

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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