

Agility Practice 1

Equipment

- Agility Ladder (Can be made with tape on the floor) with at least 8 squares





Instructions




- Do each ladder exercise for at least four ladder lengths (to the end and back twice)
- Move feet as fast as you can without making mistakes
- Keep on your toes at all times
- Try to keep feet in rhythm with each other

Drills

Length: 30 Minutes

Name	Demonstration	Explanation
Two In Each		A fast-feet drill where you put two steps in every box of the ladder as you move forward. You keep your steps light and quick, like you're tapping the floor, and you try to stay in a smooth rhythm all the way to the end.
Hop Scotch		A jumping drill where you land with both feet in one box, then jump out to the sides with your feet apart, like hopscotch. You keep repeating that pattern — two feet in, two feet out — all the way down the ladder, staying light and bouncy.

Name	Demonstration	Explanation
Two Forward One Back		A quick-feet pattern where you take two fast steps in every box. Go two boxes forward through the ladder, then one box back. Keep repeating that rhythm all the way down. It feels a bit like “go-go... back”.
Single Leg Run Through		A fast-feet drill where you use only one foot to hop through every box of the ladder. You tap your way forward quickly — one step/hop in each square — while your other foot stays off the ground.
Lateral High Knees		A sideways quick-feet drill where you move along the ladder and lift your knees high as high as you can with every step. You stay light on your toes, pump your arms, and keep your body facing forward while your feet move sideways through each box.
Two Footed Hop		A side-to-side jumping drill where you hop in and out of each box with both feet together as you move forward. You start outside the ladder, jump with two feet into the box, then jump back out to the other side, and keep repeating that “out → in → out” pattern for every box while staying light and bouncy.
Backwards In and Out		A backwards-moving drill where you step into each box with both feet, then step back out to the sides, all while moving backward through the ladder. The pattern is “in-in, out-out,” but done in reverse, so you’re backing up while.

Name	Demonstration	Explanation
Single Leg Lateral In and Outs		A sideways quick-feet drill where you use only one foot to hop in and out of each box as you move down the ladder. You start beside the ladder, hop into the box with one foot, then hop back out to the side, keeping your balance and staying light and bouncy the whole way.
Lateral Scissor Hop		A sideways jumping drill where you switch which foot is in the box every time you hop. You move along the ladder sideways, and each jump makes your feet “scissor” — one foot lands inside the box while the other lands outside, then they switch on the next hop. You stay light, quick, and keep that criss-cross rhythm all the way down.
Lateral Two In Each		A sideways quick-feet drill where you move along the ladder and put two fast steps inside every box before sliding to the next one. Your body faces forward, your feet move sideways, and the rhythm is “in-in, in-in” all the way down while staying light and controlled.