

Agility Ladder Progression

Perform each movement up and back on the ladder.

Run 1 foot each hole

Run 2 feet each hole

2 Foot Hop hit every hole (stay up on toes and jump off both feet)

2 Foot Hop every other hole

2 Foot Hop skip a hole, jump back a hole, repeat

Hopscotch

Icky shuffle

Scissor kicks