

# Speed & Agility Ladder – Instructions, Drills & Diagrams

## **Correct Technique (for all Speed & Agility Ladder Drills)**

- Players must work on the balls of their feet at all times, heels slightly elevated.
- Light feet are quick feet - players are not to thump their feet through the ladder.
- Players must work with a slight knee bend and lift their knees before promoting their feet – no scuffing.
- Strong arm drive – elbows bent at 90° and driving through from hip to shoulder (not across the body).
- Body to remain upright – if the upper body begins to lean forward, the feet will speed up to keep up, therefore losing control of the movement.
- Head up.
- Patience – players must work to their ability, not that of others – start slowly if necessary and work only at a speed where they can correctly complete the drill.
- Keep an even rhythm – movement must flow, not stutter.
- Ensure players keep a minimum of 4 rungs between them. Players working too closely together will lead to unnecessary pressure to perform at someone else's speed, causing loss of form and control.

## **Drills & Diagrams**

Drills are broken into 3 sections – Basic, Intermediate and Advanced.

Players must have mastered drills at one level before they are progressed to the next.

Never advance a drill if players cannot successfully complete it in its basic form.

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## Basic Drills

### Drill 1: Straight Run



#### Coaching Points

- Emphasis on not touching any rungs.
- Arm drive essential.
- Advance the drill, once mastered, by having players sprint out of the ladder and on to a pass. This will force players to think ahead, therefore relying on their subconscious learning of the basic drill in order to complete the ladder section correctly.

### Drill 2: Two Foot Run

#### Coaching Points

- Emphasis on not touching any rungs.
- Ensure the lead foot is alternated with each repetition.
- Advance the drill by having players move backwards every two rungs (two forward, one back).



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## Drill 3: Bunny Hops



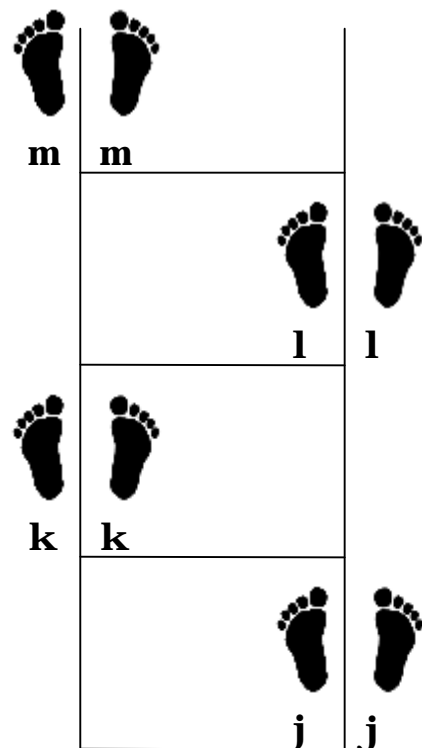
### Coaching Points

- Emphasis on not touching any rungs.
- Players must not “double-bounce” between the two-foot land and take-off.
- Ensure soft landing with good knee bend to cushion the impact on players’ knees.

## Drill 4: Slalom Jumps

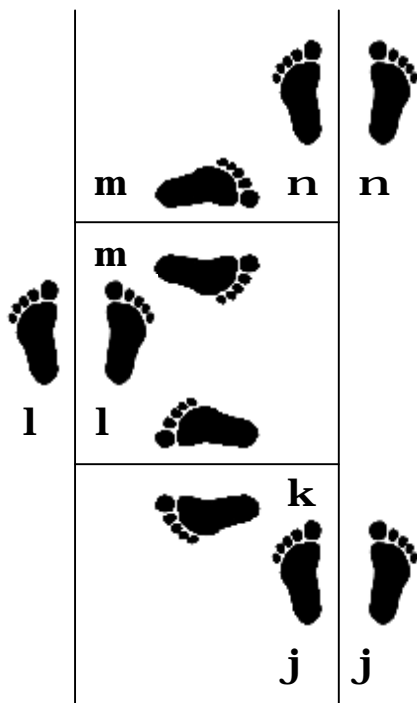
### Coaching Points

- Emphasis on not touching any rungs.
- Players must not “double-bounce”.
- Ensure soft landing with good knee bend to cushion the impact on players’ knees.
- Develop the drill and promote team-work by having players go exactly 4 rungs apart and in time with (or mirroring) each other.



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## Drill 5: Bunny Twist or The “S”



### Coaching Points

- Ensure players rotate whole body, keeping feet, hips and shoulders square.
- Players must not “double-bounce”.

## Drill 6: Lateral Run

### Coaching Points

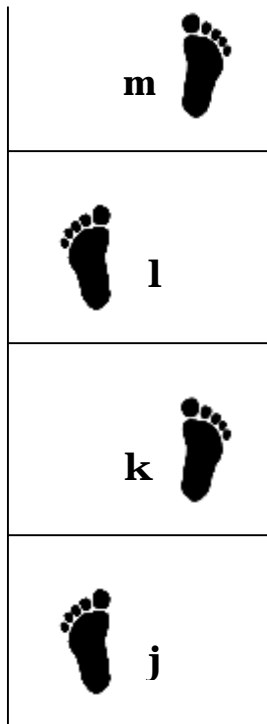
- Emphasis on not touching any rungs.
- Feet do not cross over or touch.
- Players must keep hips square and head facing forward.
- Ensure the lead foot is alternated with each repetition (player will face opposite direction).
- Advance the drill by performing a lateral skip. Knees high, strong arm swing.



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## Intermediate Drills

### Drill 1: Straight Skip



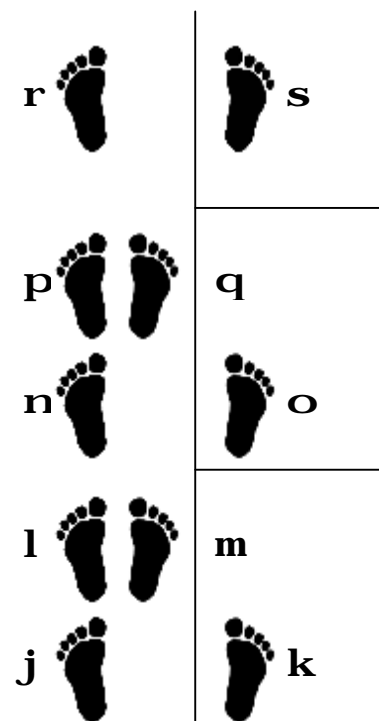
#### Coaching Points

- As with the Straight Run but the drill is performed with the correct mechanics of the skip.
- Toes remain up, use hip rotation and knee lift to bring heel back, reach up with the knee and bring toes over the knee.
- Arm drive to assist with the cycle.

### Drill 2: Side Reach Run

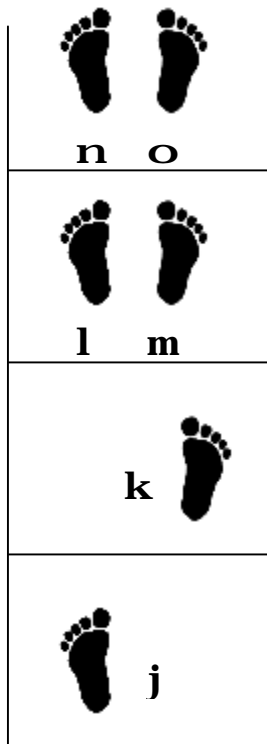
#### Coaching Points

- Players work mainly on the outside of the ladder in a one in, three out pattern.
- The foot that stays on the outside of the ladder should progress forward in a straight line with the other foot reaching in to the ladder every 2<sup>nd</sup> square.
- Ensure the side of the ladder worked on is alternated with each repetition to change the reaching foot.



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## Drill 3: Brake Runs



☞ *Halfway point*

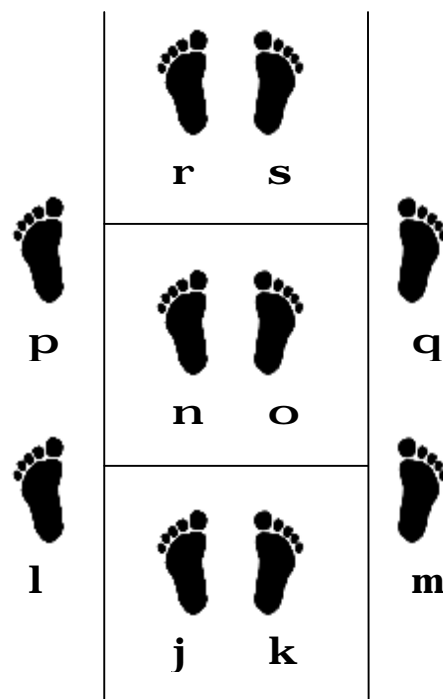
### Coaching Points

- At the halfway point in the ladder, players must switch from the Straight Run to the Two Foot Run.
- Ensure the lead foot is alternated with each repetition.
- Advance the drill, once mastered, by breaking the ladder into 4 sections, thus creating 3 changes and increasing the difficulty.

## Drill 4: Two In, Two Out Forward Run

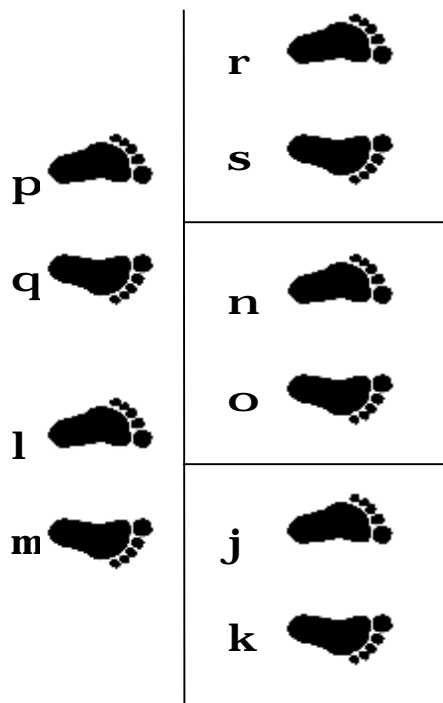
### Coaching Points

- Forward progression is only made with the lead foot.  
The second foot is to be brought in line with the lead foot.
- Ensure the lead foot is alternated with each repetition.



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## Drill 5: Two In, Two Out Lateral Run



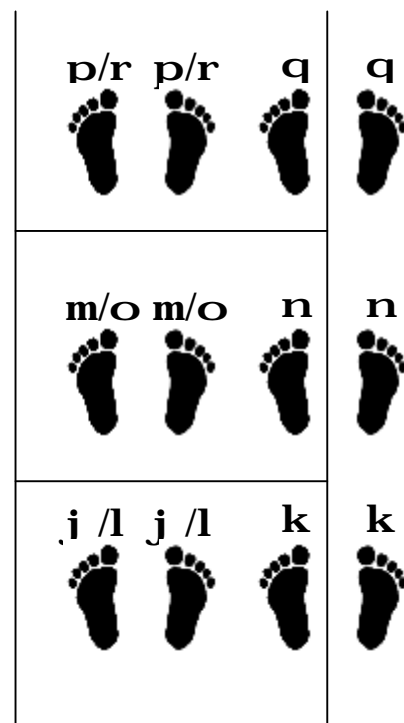
### Coaching Points

- Feet do not cross over or touch.
- Players must keep hips square and head facing forward.
- Players should maintain a slight forward lean position and ensure the feet (not upper body) do most of the moving.
- Ensure the lead foot is alternated with each repetition (player will face opposite direction).

## Drill 6: In & Out Bunny Hops

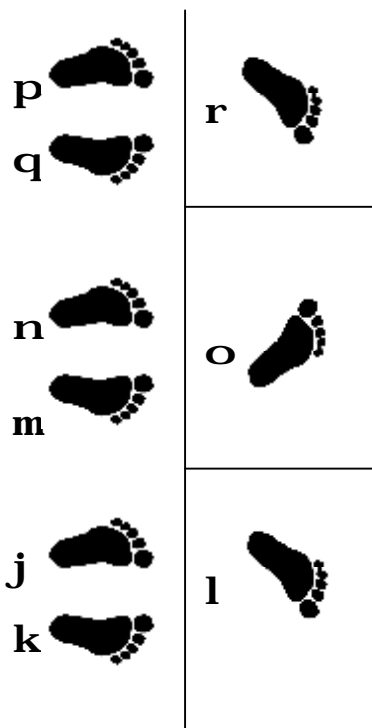
### Coaching Points

- Players must not “double-bounce”.
- Ensure soft landing with good knee bend to cushion the impact on players’ knees.
- Ensure that with each repetition, the “out” hop alternates sides.



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## Drill 7: Out, Out, In with Hip Rotation



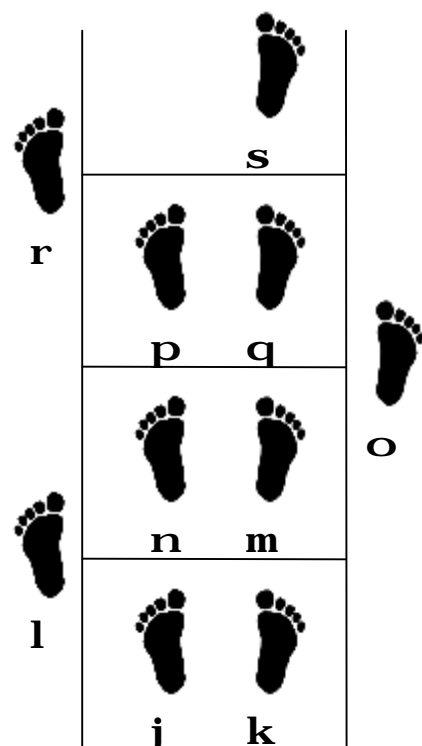
### Coaching Points

- This drill is based on a 3 count (not 4).
- The first two steps are outside the ladder with the third into the ladder with hip rotation so the foot lands at 45°.
- Progress the drill by adding a deflective hand with the corresponding arm on the “in” step. This simulates and encourages front arm defence.

## Drill 8: Sidestep Run

### Coaching Points

- This drill is based on a 3 count (not 4).
- The movement replicates a basic dodging / change of direction pattern.
- Players are to push off in the new direction with the foot outside the ladder.
- Advance the drill, once mastered, by performing it backwards. It will be necessary for players to angle their hips back slightly with each change of direction to open up the space they are moving in to.

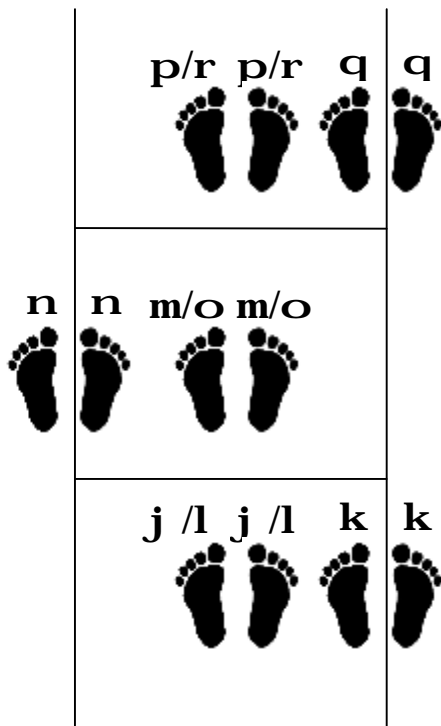




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## Advanced Drills

### Drill 1: Crazy Bunny



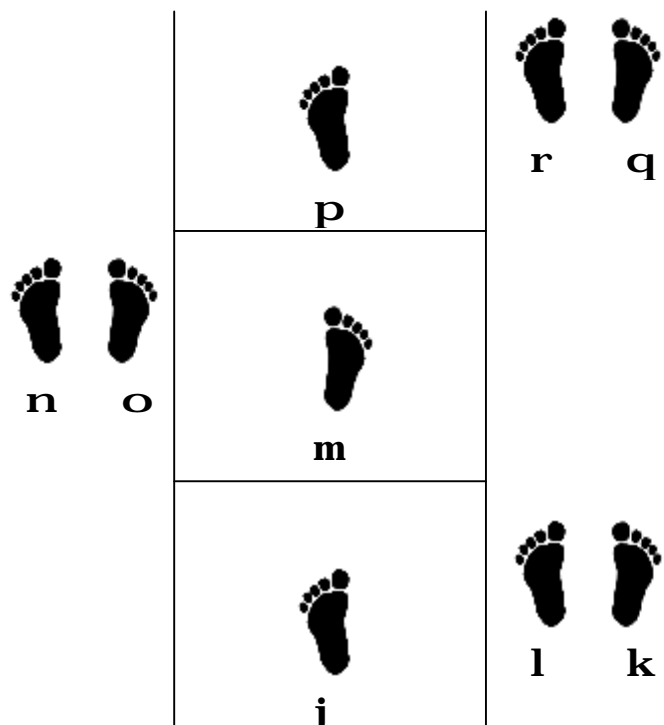
#### Coaching Points

- This is an extension of the In & Out Bunny Hops, where the out hop alternated sides each rung.
- Players must not “double-bounce”.
- Ensure soft landing with good knee bend to cushion the impact on players’ knees.

### Drill 2: Forward Cross Steps

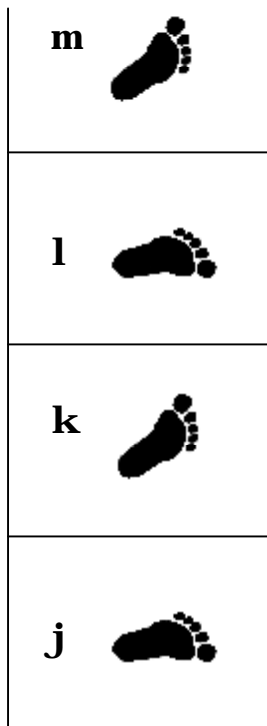
#### Coaching Points

- This drill is based on the Sidestep Run but uses cross steps to progress down the ladder.
- Begin on the left side of the ladder then cross the outside (left) foot in to the first rung. The right foot, then the left foot move across the ladder to the



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## Drill 3: Skip & Cut



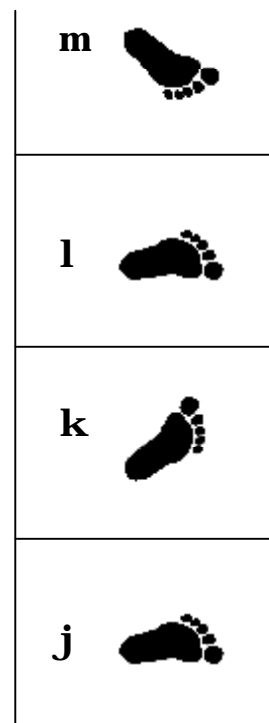
### Coaching Points

- Players skip on their lead foot in one square while cutting their trailing leg across the body and into the next square at an angle.
- Players must bring their knee up high and use good hip rotation when cutting the trailing leg across the body.
- Hips will then square up as the lead foot skips into the next square (pivoting on the grounded foot) and continues the pattern.
- Ensure the lead foot is alternated with each repetition (player will face opposite direction).

## Drill 4: Carioca Step

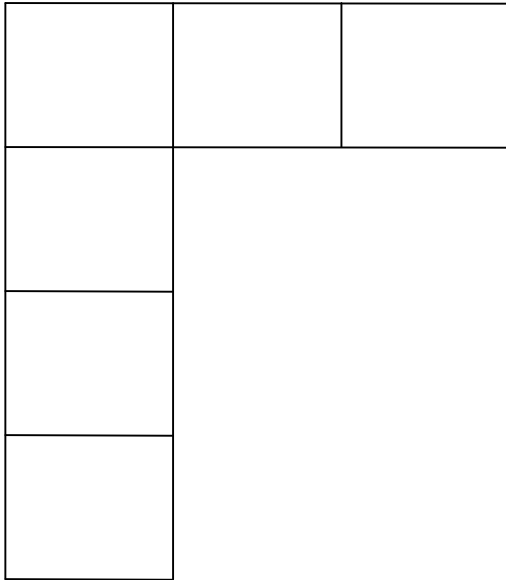
### Coaching Points

- Grapevine movement.
- One foot per square alternating between stepping across and behind the body with the trailing foot.
- Players must use good hip rotation.
- Ensure the lead foot is alternated with each repetition (player will face opposite direction).



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## Drill 5 – Your choice!!!



### Be creative!!

- Separate the sections of the ladder to make a variety of different paths, as shown on the left.
- Assign different drills (e.g. Two Foot Run into Lateral Run) to different sections of the path to increase difficulty.
- The possibilities are endless – but do not work beyond the capabilities of your players.