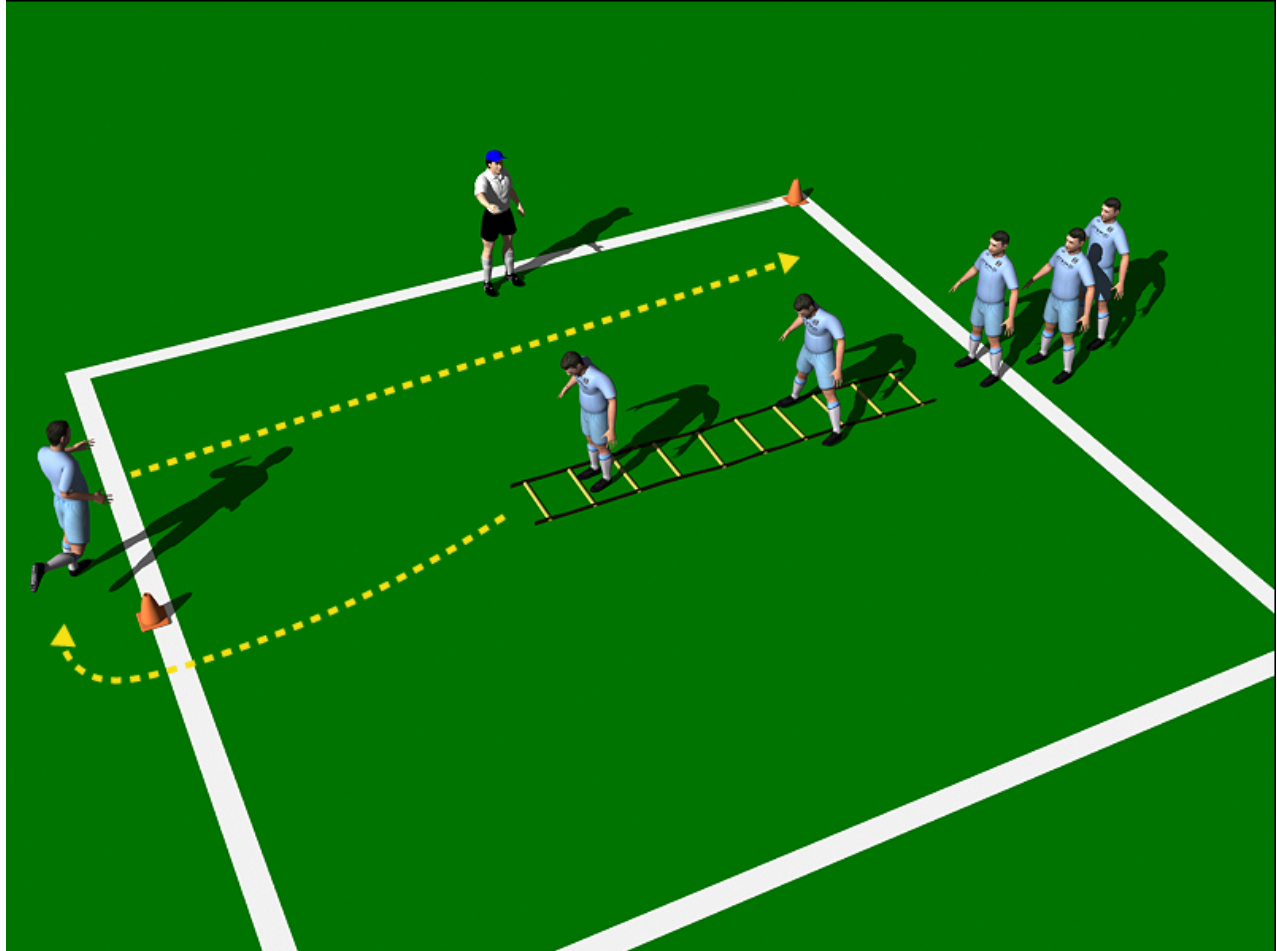


Ladder In and Out Drill



Exercise Objectives:

This drill will help develop speed and agility.

Coaching Pointers:

Use your entire team in this drill. Have several ladders reduce long lines.

Players begin by standing in front of the agility ladder with their feet hip width apart. Begin by hopping forward with both feet into the first square. Immediately push off with both feet and spread feet apart so they are outside the ladder. Hop forward into the next square with feet hip width apart. Repeat through the entire ladder as quickly as possible.

Field Preparation:

- ☆ Area approximately 20 yards x 20 yards.
- ☆ Entire group
- ☆ Agility ladders and cones.