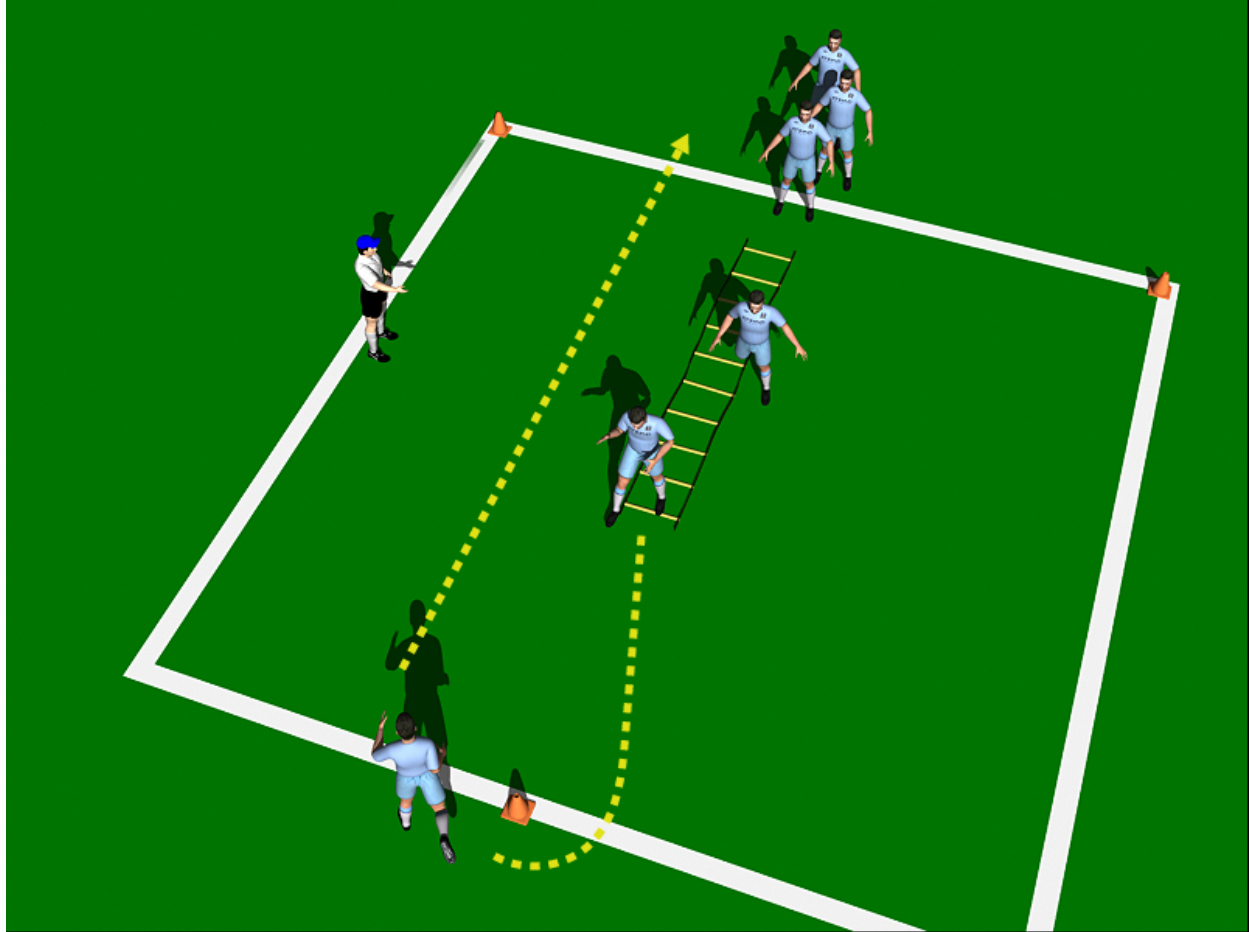


Ladder Skaters Drill



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 should begin on the right side of the first ladder. Using your right leg, jump sideways to the left side of the ladder, and land using your left leg. With your left leg, jump to the right side of the agility ladder, and land using your right leg. Repeat the movement to advance down the agility ladder. The key to this exercise is to jump quickly.

Field Preparation:

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