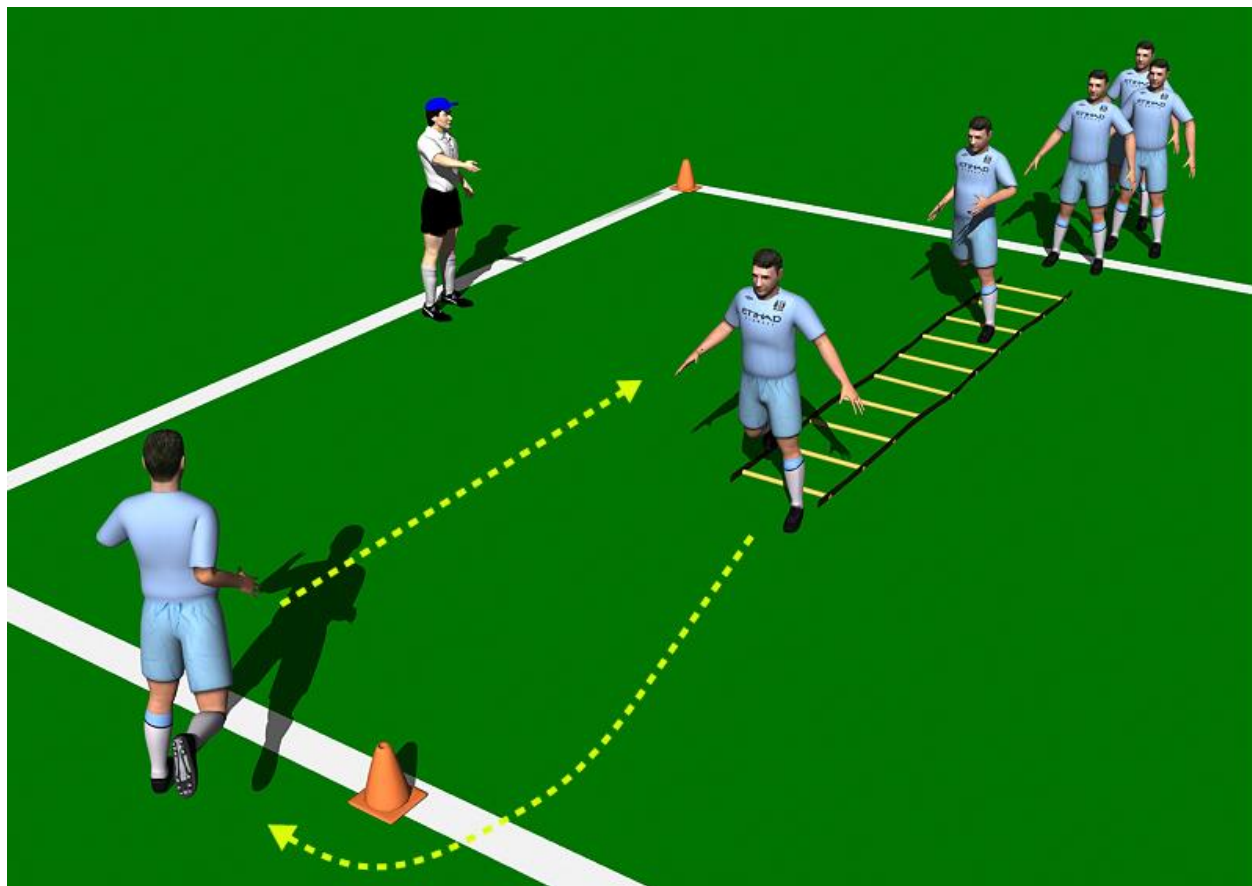


## Ladder Sprint Drill



### 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. Player should simply run straight through the ladder. Both feet enter one square before moving to the next. Be sure to stay on your toes at all times. Once through the ladder explode to the cone.

### Field Preparation:

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