



Agility: Ladder Series 3

Equipment:

Agility ladder x2.

Set-up:

Lay 2 agility ladders parallel to one another with around 3 feet between them.

Description:

Two agility ladders are set-up parallel to each other. Two students will compete to get through the ladder series as quickly as they can without mistakes. The key is to complete series successfully before thinking about speed of completion.

Instructions:

Begin with one student at each ladder standing in the 1st rung of the ladder facing each other. Begin by stepping one foot at a time out of the 1st rung in a forward direction so both feet are out of the ladder. Then step back into the same rung, one foot after the other. The next step is to cross into the 2nd rung of the ladder, one foot after the other. Repeat the steps above creating the following pattern: FORWARD – BACKWARDS – SIDE STEP – FORWARDS – BACKWARDS – SIDE STEP. Do this through the whole ladder and then back through to the beginning.

Scoring:

Coach will determine scoring based on co-ordination, speed, successful completion of ladder series. Scoring will range from 3 (very good) to 5 (poor).

