



## Agility: Ladder Series 1

### 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:

Each student begins behind an agility ladder. The first move is to put one foot followed by the other into the first rung of the ladder. Immediately after the second foot gets in the rung of the ladder step out to the side (left foot to the left, right foot to the right). Then one foot after the other into the second rung of ladder. And so on.

### 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).

