



## Agility: Ladder Series 2

### Equipment:

Agility ladder x2, marker cone x4.

### Set-up:

Lay 2 agility ladders parallel to one another with around 3 feet between them. At one end of the ladders place 2 marker cones 2 paces apart for each ladder.

### 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 at the left of the first rung of the ladder. The first move is to put the right foot into the first rung of ladder immediately followed by the left foot. As soon as the left foot gets into the first rung, get the right foot out to the right side of ladder followed by the left foot. Lead with left foot into second rung immediately followed by the right foot. The next step is getting back out to the left of the ladder leading with the left foot. Continue this sequence to end of ladder. At the end of ladder, student will perform figure of 8 around the two marker cones before turning and coming back through the ladder.

### 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).

