

# Agility Ladder Exercises

1. RUN -1 foot in each square
2. RUN - 2 feet in each square
3. 1 foot hop in each square X 2 rt/lt
4. 2 foot hop in each square
5. Hop 2 feet in – Hop 2 feet out
6. ZIG -ZAG run = In-In/Out-Out
  - ZIG - 2 feet in each square, 2 feet out the other side
  - ZAG 2 feet in and out in the opposite direction to the next square the other way.
7. Ski Jumpers
8. Lateral Exercises (Right & Left)