

Training Options

Option #1

Perform continuous passes of the same activity through the ladder or hurdles for approximately 1 minute with minimal or no rest between ladder/hurdle passes. Once completed, select an alternate ladder/hurdle activity and repeat. Continue either ladder or hurdle activity every 1 minute for a total of 5–10 minutes.

Option #2

Perform intermittent passes of the same activity through the ladder or hurdles for approximately 3–5 minutes with 10–30 seconds rest between ladder/hurdle passes. Once completed, select an alternate ladder/hurdle activity and repeat. Continue to alternate ladder/hurdle activity every 3–5 minutes for a total of 10–20 minutes.

Activity Instruction

- Warm-up the body, stretch the muscles and gradually increase the heart rate before each activity session.
- Perform all agility ladder/mini hurdle activities at half-speed until proficiency is exhibited.
- Perform all activities on balls of feet with heels slightly elevated from the floor.
- Keep bottoms of feet close to the ladder/hurdles to minimize impact and ground contact time.
- Be sure to use the arms to compliment the lower body's rate, rhythm and direction of movement.
- Alternate lead foot (first foot into the ladder/hurdles) to develop both dominant and non-dominant side movement patterns.
- Perform ladder/hurdle activity sessions a total of 1 to 3 times per week with a minimum of 48 hours rest between activity sessions.

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Agility Ladder & Mini Hurdle

IMPORTANT!

Please read the instructions below before using the Agility Ladder or Mini Hurdles

- Consult your physician before beginning any type of exercise program.
- Always perform general warm-up activities prior to performing agility ladder/mini hurdle activities.
- Perform only the exercises as shown in this chart or other SPRI® produced informational resources.
- Wear appropriate footwear while performing all agility ladder/mini hurdle activities.
- Set up the outstretched ladder or line of hurdles on a flat, even, impact-absorbing surface. Avoid placing the ladder/hurdles on hard concrete or soft, rutted turf.
- Set up the line of hurdles 2 to 2½ feet apart with the open end (on bottom) facing opposite the direction of movement.
- In a group, allow the participant ahead of you to advance at least halfway through the ladder/hurdles before you begin.
- Never allow yourself to become breathless while performing ladder/hurdle activities. Rest if you become short of breath. Discontinue activity if you become faint or dizzy.
- Discontinue all ladder/hurdle activities if you experience any persistent pain or discomfort and consult your physician.

Agility Ladder Activities

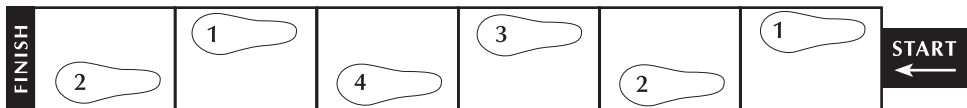
FORWARD RUN: Alternate 1 foot contact in every other ladder square



Start: Jog/Run in place at one end of ladder.

Finish: Run forward through the ladder, alternating one foot contact in every other ladder square. Stay on balls of feet with slight forward torso lean and swing arms in an alternate arm/leg forward and backward pattern. Once through the ladder, jog back along outside of ladder to "start" position, switch lead foot and repeat.

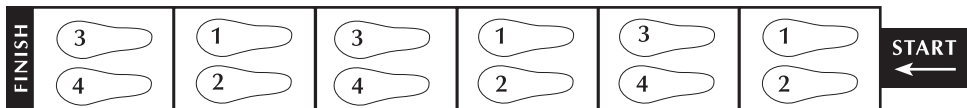
FORWARD RUN: Alternate 1 foot contact in every ladder square



Start: Jog/Run in place at one end of ladder.

Finish: Run forward through the ladder, alternating one foot contact in every ladder square. Stay on balls of feet with slight forward torso lean and swing arms in an alternate arm/leg forward and backward pattern. Once through the ladder, jog back along outside of ladder to "start" position, switch lead foot and repeat.

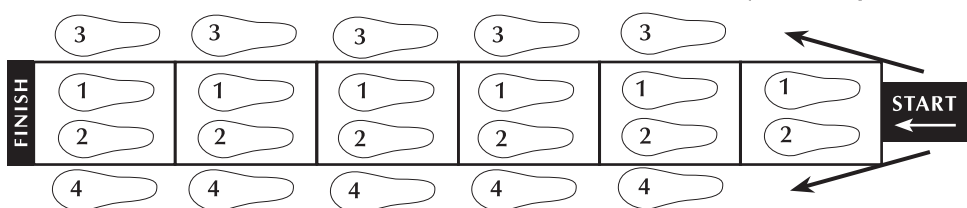
FORWARD RUN: Alternate 2 foot contacts in every ladder square



Start: Jog/Run in place at one end of ladder.

Finish: Run forward through the ladder, alternating two foot contacts in every ladder square. Stay on balls of feet with slight forward torso lean and swing arms in an alternate arm/leg forward and backward pattern. Once through the ladder, jog back along outside of ladder to "start" position, switch lead foot and repeat.

FORWARD RUN: Alternate 2 foot contacts inside, then outside every ladder square

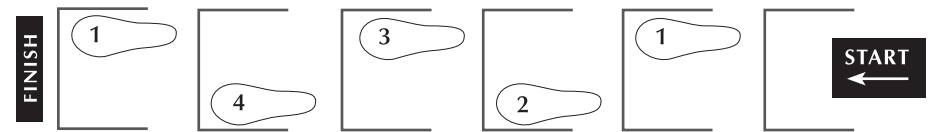


Start: Straddle ladder and position one foot along each side of first ladder square. Jog/Run in place along sides of ladder.

Finish: Run forward through the ladder, alternating two foot contacts inside, then two foot contacts outside the next ladder square. Stay on balls of feet with slight forward torso lean and swing arms in an alternate forward and backward cross body pattern. Once through the ladder, jog back along outside of ladder to "start" position, switch lead foot and repeat.

Mini Hurdle Activities

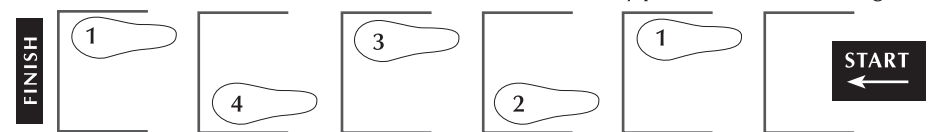
FORWARD RUN: Alternate 1 foot contact between every pair of hurdles



Start: Jog/Run in place at end of hurdle line.

Finish: Run forward through the hurdles, alternating one foot contact between every pair of hurdles. Keep feet low over the hurdles, stay on balls of feet with slight forward torso lean. Swing arms in an alternate arm/leg forward and backward pattern. Once through the hurdles, jog back along outside of hurdle line to "start" position, switch lead foot and repeat.

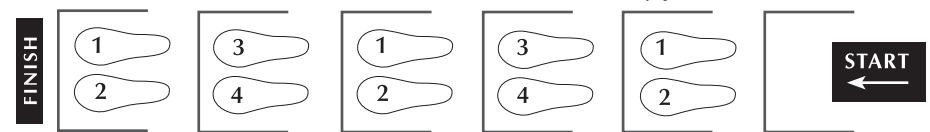
FORWARD RUN: Alternate 1 foot contact between every pair of hurdles with high knees



Start: Jog/Run in place at end of hurdle line.

Finish: Run forward through the hurdles, alternating one foot contact between every pair of hurdles. Lift knees to waist and pull toes up as you go over hurdles, stay on balls of feet with slight forward torso lean. Swing arms in an alternate arm/leg forward and backward pattern. Once through the hurdles, jog back along outside of hurdle line to "start" position, switch lead foot and repeat.

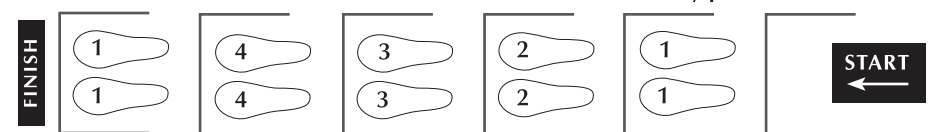
FORWARD RUN: Alternate 2 foot contacts between every pair of hurdles



Start: Jog/Run in place at end of hurdle line.

Finish: Run forward through the hurdles, alternating two foot contacts between every pair of hurdles. Keep feet low over the hurdles, stay on balls of feet with slight forward torso lean. Swing arms in an alternate arm/leg forward and backward pattern. Once through the hurdles, jog back along outside of hurdle line to "start" position, switch lead foot and repeat.

FORWARD HOP: Simultaneous 2 foot contacts between every pair of hurdles



Start: Stand at end of hurdle line with feet hip width apart.

Finish: Hop forward through the hurdles with even (simultaneous) two foot contacts between every pair of hurdles. Stay on balls of feet with slight forward torso lean and complimentary two arm up and down arm swing/knee lift pattern. Once through the hurdles, jog back along outside of hurdle line to "start" position and repeat.