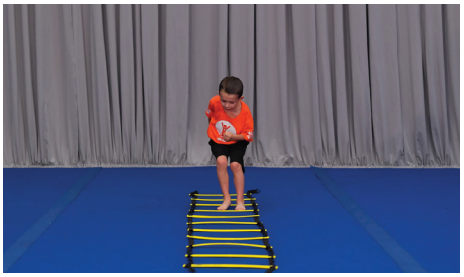
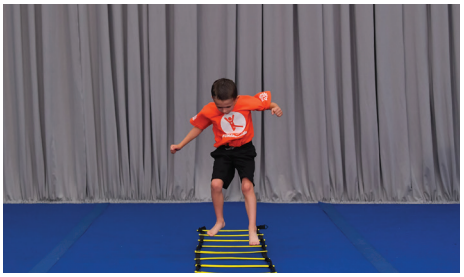
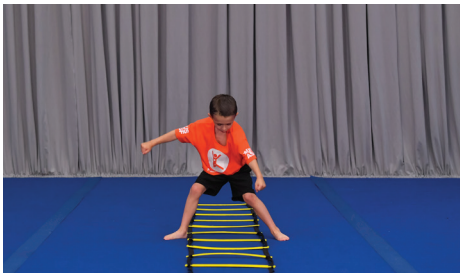
PA.1 Ladder Work

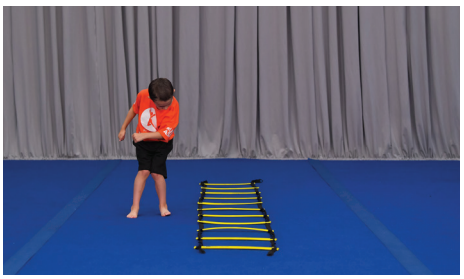
Drill Skill Module - Agility

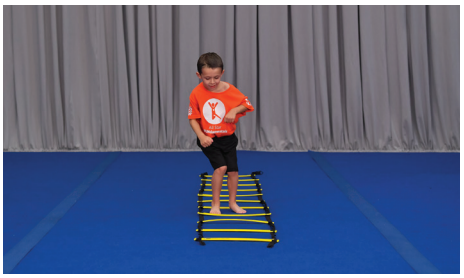
Description: Intro to Ladder Work











Drill 1

Lay the ladder flat on the floor. Have athletes do the following skills through the ladder:

- High knee run - one foot in each rung
- Jump on one foot from rung to rung
- Stand on one foot - jump to two feet
- Jump on two feet from rung to rung

Drill 2

Lay on the end of a wooden ladder on the floor and the other end on a stationary raised surface (small spotting block)

Have athletes do the following on the ladder:

- Climb up to the raised surface

You can either have a slide on the opposite of the raised surface so they can slide down or have it where they can jump off and stick their landing in a circle

Supplies / Aids:

Video

Equipment Needed:

•Ladder - wooden, ladder shape tapped out on the floor or rope ladder

Notes:

Tips & Tricks

1. Tape or rope ladders are more forgiving for preschool kids when doing floor work

AGILITY SKILL