

Speed Ladder Drill 1

EQUIPMENT

2x Speed Ladder. 4 Disc cones.

MEASUREMENT

20 x 20 yards

CATEGORY

Coordination, Agility and Speed Training

COACHING POINTS

1. Speed ladder - Quick footwork using the balls of your feet and use the arms for set rhythm and pace.
2. Maintaining good technique and 100% effort throughout the drill is crucial.
3. Do 6-8 repetitions each player.

PROGRESSION

1. Touch the ground twice (once with left and once with right foot) between each rung.
2. Do both sequences sideways.



PLAYERS TOUCH THE GROUND ONCE BETWEEN EACH RUNG THEN MOVE COUNTER-CLOCKWISE TO THE NEXT LINE OF PLAYERS



AFTER 6-8 REPETITIONS, PROGRESS WITH PLAYERS TOUCHING THE GROUND TWICE (ONCE WITH LEFT AND ONCE WITH RIGHT FOOT) BETWEEN EACH RUNG