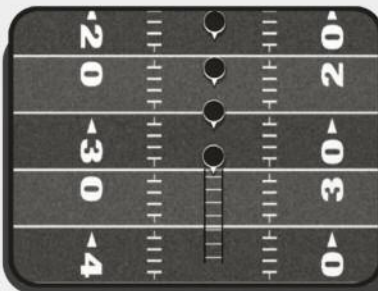
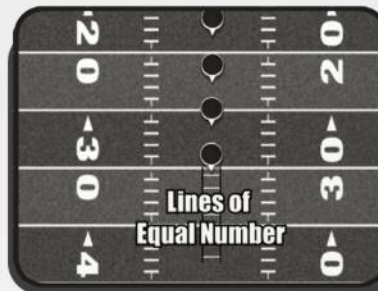


Agility Ladder



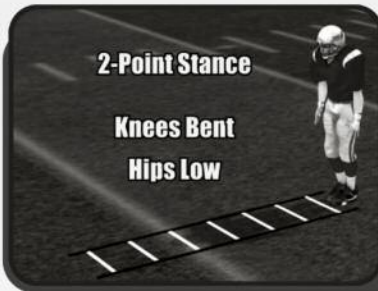
01 ★

Coach places agility ladder in front of players.



02 ★

Form lines of equal-numbered players.



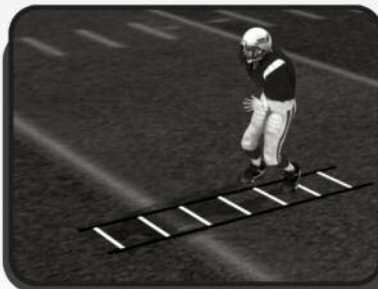
03 ★

Start in a 2-point stance with knees bent and hips low.



04 ★

On whistle, step quickly through squares on agility ladder.



05 ★

Place one foot in each square for most common method.



06 ★

Try additional patterns.

Notes:

For more useful tips on coaching youth football, log on to www.usafootball.com.