



Ladders

Category: Physical: Agility
Difficulty: Moderate

Gordon Ferguson, Blaine, United States of America

Ladders (15 mins)

Organization:

(Ladder)

Players in starting gate go through ladder work, accelerate to finishing gate. Total distance is 15 yards.

Exercises: Each done twice

Heisman (2 feet in, 1 foot out)

In / Out (one foot at a time)

Side step (twice each side)

High Knees

Karaoke - (One foot in front other behind)

Switch legs (twice each side)

Coaches: Be creative and have players come up with their own movements!

