

# JJNSSomers Agility Ladder Drills

1. Single Step - Run through one foot
2. Double Step - Run through two feet.
3. High Knees
4. Side-to-Side
5. In-Out Steps - *Forward*
6. In-Out Steps - *Backward*
7. In-Out Jumps
8. In-Out Jumps Squats – (*squat on the out*)
9. Lateral In-In Out-Out (*slow*)
10. Lateral In-In Out-Out (*fast*)
11. Lateral High Knees (*slow*)
12. Lateral High Knees (*fast*)
13. Double Leg Hops (single)
14. Double Leg Hop: (*Double*)
15. Double Leg Hop: Two Up – One Back
16. Skier
17. Single Leg Hops (*left foot*)
18. Single Leg Hops – (*right foot*)
19. Single Leg: Two Up – One Back (*left foot*)
20. Single Leg: Two Up – One Back (*right foot*)
21. Single Leg – Skier (*left foot*)
22. Single Leg – Skier (*right foot*)
23. Single Lunge Throughs
24. Bear Crawl
25. Plank Walks
26. Plank Pushups
27. Leg Tucks
28. High Jumps (*explosive – no rest in between*)

**\* \* \* Add cones 10 yards away to add more drills UP and BACK \* \* \***