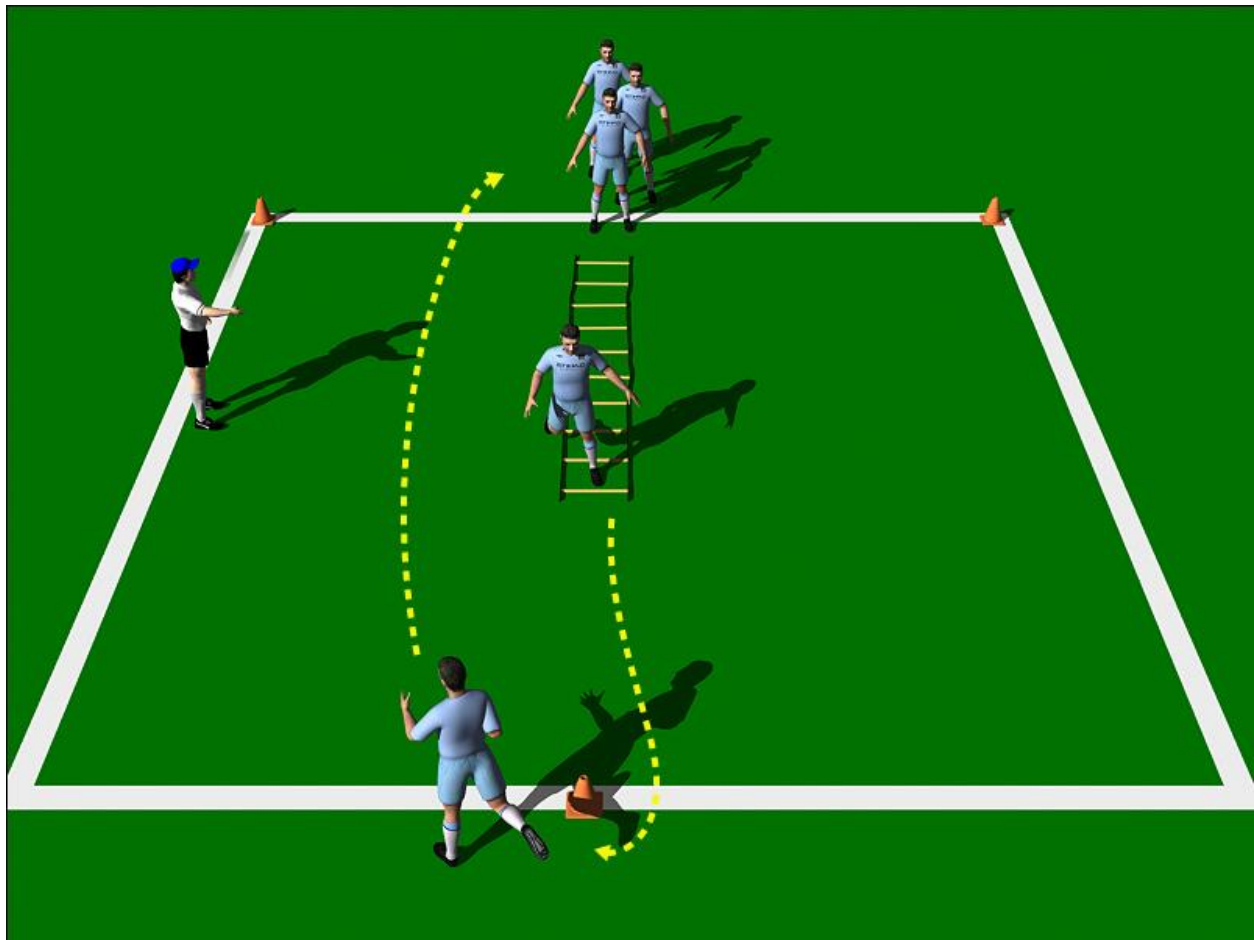


Ladder Ikey Shuffle



Exercise Objectives:

This drill will help develop speed and agility.

Coaching Pointers:

Use your entire team in this drill. Have several ladders reduce long lines. The Ikey shuffle (named after former NFL player Elbert "Ikey" Woods) is an advanced ladder drill. The foot pattern is a "2 in 1 out", which means that two feet will enter a square before one moves out. The player should stay on their toes.

Players begin by standing on one side of the agility ladder. Step into the first square with one foot. Their opposite foot should enter immediately after. As the second foot enters the square, the leading leg (the one you started with initially) should move laterally outside of the square. Plant the outside leg in a manner that allows to move laterally into the next square. Advance your way down the ladder by alternating between the inside and outside feet.

Field Preparation:

Area approximately 20 yards x 20 yards.

Entire group

Agility ladders and cones.