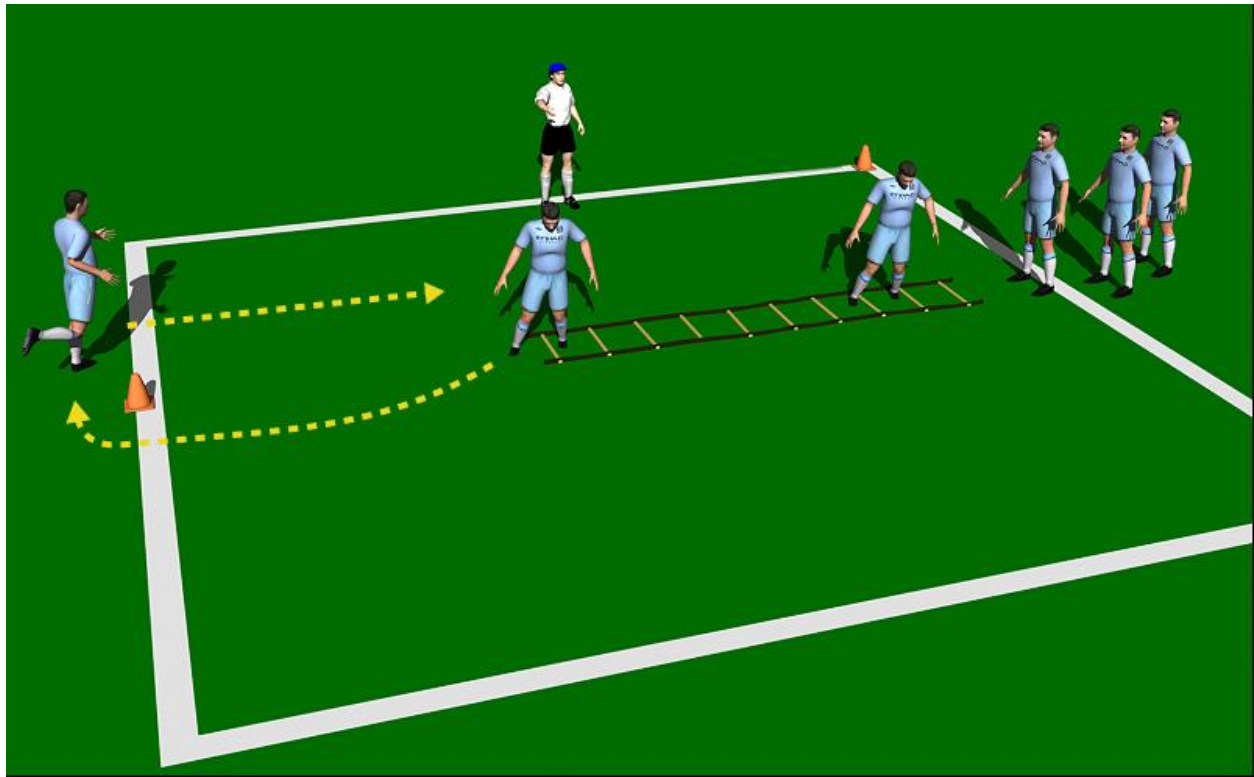


Ladder Lateral Sprints



Exercise Objectives:

This drill will help develop speed and agility.

Coaching Pointers:

Use your entire team in this drill. Have several ladders to reduce long lines.

Players begin by standing sideways to the agility ladder with their feet hip width apart. 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.