

The Power Behind Performance®

INDOOR AGILITY LADDER™

**IMPORTANT INFORMATION
PLEASE READ AND KEEP**

DISCLAIMER

The following guidelines should be observed when using the Indoor Agility Ladder™.

- Always consult your physician before participating in any physical activity.
- Read all instructions carefully before using.
- Always use the Indoor Agility Ladder™ on a level surface free from obstructions.
- The Indoor Agility Ladder™ is intended for use only as described in this document. It is in no way designed to be used as a ladder or other climbing device.
- Power Systems, Inc., assumes no liability for injuries, accidents, or damages that may occur with the use or misuse of the Indoor Agility Ladder™.

For more information on the Indoor Agility Ladder™
or other training products and programs contact:

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INDOOR AGILITY LADDER™

The Fitness Ladder/ Indoor Agility Ladder™ is a portable footwork training tool designed to enhance quickness, agility and keep the heart rate up. The ladder itself is 10 yards long, 20 inches wide with 11 flat nylon dividers. Each divider has two metal rods inside the nylon to keep the sturdy shape.

This guide offers several drills for using with the Indoor Agility Ladder™. The drills are listed in order of difficulty from easiest to most difficult. You can also create your own drills using the Indoor Agility Ladder™. For best results, use drills that are specific to your particular sport or workout.

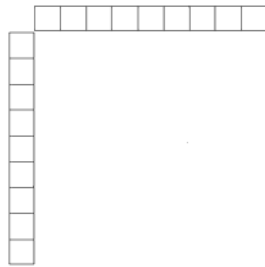
LADDER PREPARATION

Position the ladder on a level surface free from any obstructions. Ideal training surfaces include practice and game fields, gymnasium floors and group aerobic rooms. Some set up variations are shown below:

Straight



Angled



THE DRILLS

RUNS

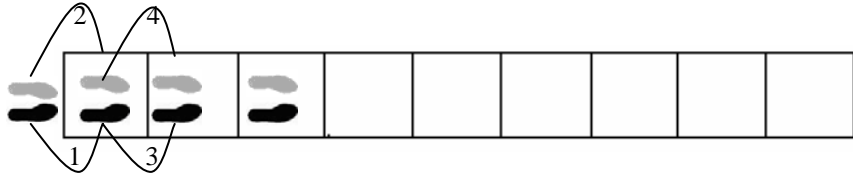
1. RUNNING STRAIGHT FORWARD: ALTERNATING STEPS

- Start at the end of the ladder. On the “go” command step into the first square of the ladder with your right foot (1). Step into the second square with your left foot (2). Continue to alternate this pattern the length of the ladder.
- Focus on using a good knee drive and quick feet. Try to stay on your toes and limit the time you are in contact with the ground.
- Maintain a strong arm drive to help propel you through the drill.
- Perform the drill running backwards for a greater challenge.



2. RUNNING STRAIGHT FORWARD: TWO FEET EACH SQUARE

- Start at the end of the ladder. On the “go” command, step into the first square of the ladder with your right foot (1). Now place the left foot into the same square (2). Repeat this pattern as quickly as possible the length of the ladder.
- Focus on using a good knee drive and quick feet. Try to stay on your toes and limit the time you are in contact with the ground.
- Maintain a strong arm drive to help propel you through the drill.
- Perform the drill running backwards for a greater challenge.



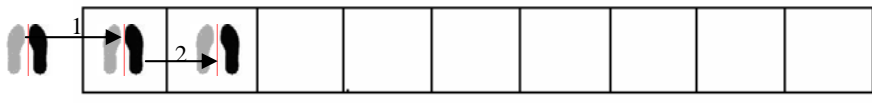
3. LATERAL RUN:

- This drill is similar to doing a lateral run drill over bags or cones. The feet should not cross, and the hips and shoulders should face toward the side throughout the drill.
- Start with the left foot on the outside of the ladder and the right foot in the second square of the ladder. On the “go” command move the left foot into the first square (1). Now move the right foot into the next square (2). Repeat pattern the length of the ladder.



4. LATERAL RUN: TWO FEET IN EACH SQUARE

- This drill is similar to doing a lateral run drill over bags or cones. The feet should not cross and the hips and shoulders should face to the side throughout the ladder.
- Start with the left foot on the outside of the ladder and the right foot in the first square of the ladder (1). On ‘go’ move the left foot into the first square. Now move the right foot into the next square (2). Repeat pattern the duration of the ladder.



5. CROSSOVER RUN

- Run down one side of the ladder crossing the feet over the edge of the ladder. The left foot should always land on the right side of the ladder while the right foot should always land on the left side of the ladder.



6. RUN OUT – RUN THROUGH LADDER & SPRINT OUT 20 YARDS

- This drill combines the first drill in this section with an added sprint at the end. Run through the ladder as described in Running Drill number 1. At the end of the ladder, sprint out another 20 yards.

SKIPS (Follow the running pattern in Running Drill #1)

1. QUICK SKIP WITH HIGH KNEE DRIVE

- Skip through the ladder driving the knee up so that the foot is level with the opposite knee. The skipping action is the same that kids perform on the playground.

2. QUICK SKIPS FOR SPEED, LITTLE KNEE DRIVE

- Skip through the ladder using only enough knee drive to clear the next slat on the ladder. Emphasize the speed of the drill.

JUMPS

1. TWO FOOT FRONT

- Hop on both feet straight through the ladder. There should be foot contacts in each stepping area. Try to minimize the ground time of each contact.

2. TWO FOOT SIDE

- Hop on both feet sideways through the ladder. Keep the hips and shoulders at 90 degrees from the direction of movement. Perform one set moving to the left and one set moving to the right.

3. SINGLE FOOT FRONT

- Hop on one foot straight through the ladder. There should be a foot contact in each stepping area. Try to minimize the ground time of each contact. Perform one set with the left leg and one with the right leg.

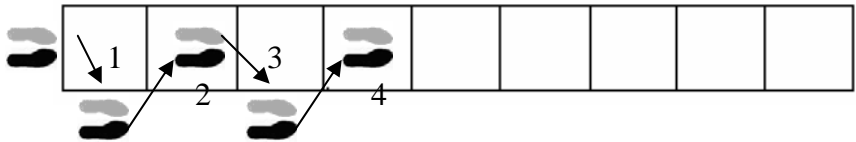
4. SINGLE FOOT SIDE

- Hop on one foot sideways through the ladder. Keep the hips and shoulders at 90 degrees from the direction of movement. Perform one set moving to the left and one set moving to the right for each foot.

5. SLALOM

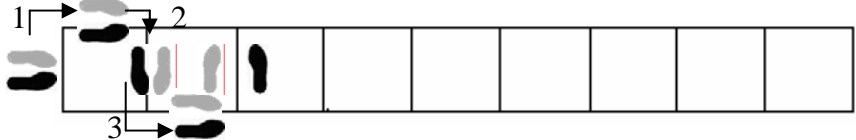
- This is a zigzag hop down one side of the ladder using both feet. See diagram for pattern.

- Advanced athletes may perform this drill using one foot for added difficulty.



6. TWIST JUMPS

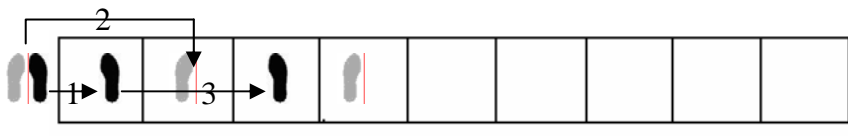
- A great drill that forces the athlete to rotate the hips. When performing this drill be sure to land with the torso over the legs to help reduce the rotational strain place on the knees and ankles during landing. Refer to the diagram below for proper foot placement.



SHUFFLES

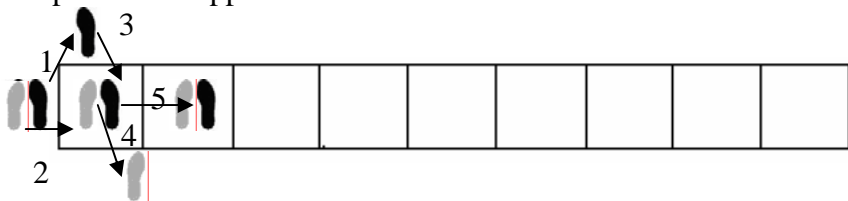
1. CARIOCA

- This drill simultaneously helps to improve leg lift and hip rotation.
- Start at the end of the ladder. Step with the foot nearest the ladder into the first square (1). Next cross the left foot past the right leg and place it in the second square (2). Move the right foot behind the left leg into the third square (3). Repeat this pattern of movement (see diagram below) for the length of the ladder.
- Try to keep the hips low and shoulder facing forward as you perform this drill.



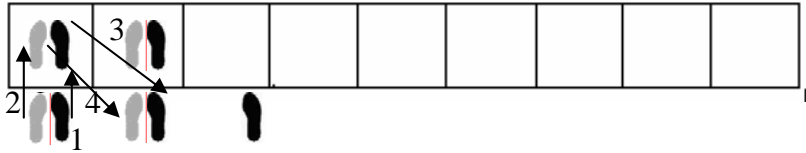
2. FRONT-BACK

- Start standing sideways at one end of the ladder. Step forwards so that your right foot lands in front of the ladder (1). Step laterally with your left foot so that it lands in the next square (2). Step back with the right foot placing it in the same square as the left foot (3). Step with the left foot placing it below the ladder and behind the right foot (4). Move the right foot laterally into the next square and then bring the left foot up into this square (5). Repeat this stepping pattern the duration of the ladder.
- Repeat in the opposite direction.



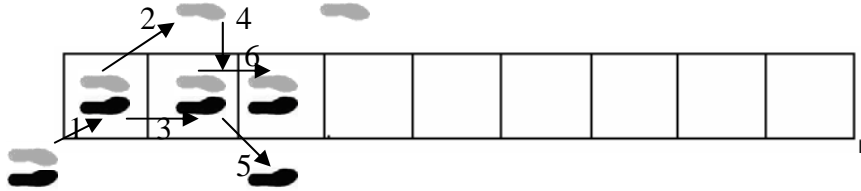
3. IN-OUT

- Start standing sideways to the ladder, behind the first square. Step with the right foot into the first square then follow with the left. Step out, behind the next square with the right foot and then the left. Repeat the pattern the duration of the ladder. Perform drill in opposite direction.
- The focus here is on quick and accurate placement of the feet. Avoid stepping on the rungs as you make your way down the ladder.



4. ZIG-ZAG SHUFFLE

- Start to the side of the ladder as shown in the diagram. Step with the left foot into the first square followed by the right foot (1). Step with the left foot, placing it outside of the second square (2). Step forward with the right foot into the second square (3) and then laterally move the left foot next to the right foot (4). Step with the right foot, placing it outside the third square (5). Step forward with the left foot into the third square (6). Continue to repeat the pattern for the duration of the ladder.



COMBINATION DRILLS

- The Fitness Ladder/ Indoor Agility Ladder™ can be folded at 90-degree angles to form a variety of patterns. This allows for an unlimited number of drills that can be performed using a combination of the drills listed in this booklet. A few examples are listed below. Design your own drills making them as sport specific as possible.
 1. Run straight forward through every section making a quick cut between sections.
 2. Run straight forward followed by a lateral run.
 3. Run forward followed by a carioca run.
 4. Slalom jumps followed by side jumps.
 5. Front jumps followed by a lateral run.

ADD WEIGHTED BELT / WEIGHTED VEST FOR ADDED RESISTANCE

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- A weighted belt or weighted vest can be worn for added resistance when performing any of these drills. Do not add more resistance until you have mastered the drills using only your body weight.
- Power Systems, Inc. offers an excellent selection of weighted vests, weighted belts and other weighted bodywear.

TRAINING RECOMMENDATIONS

Use the Indoor Agility Ladder™ before strength training if both are to be done on the same day. Perform agility and foot quickness drills before doing resistance running or plyometrics. This will allow the athlete to effectively perform these drills before any muscle fatigue occurs.

- Perform 2-3 Indoor Agility Ladder™ workouts per week. Allow 48-72 hours between workouts to reduce the incidence of Overtraining Syndrome.
- Select 4-6 drills for each workout.
- Perform 3-5 sets of each drill. Keep the total number of sets per workout under 20.
- Allow sufficient recovery between each set so that maximum effort can be given to the drill.

When using the Indoor Agility Ladder™, is to minimize the ground time with each foot contact. The quicker individual's feet come off the ground, the better the reaction time and ability to change direction.

Consult your coach or other qualified individual to assist you in designing your training program.

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