

# LADDER: SLALOM

## ① MOVEMENT

- Stand and face the ladder at one end.
- Keep both feet together and jump into the first square.
- Upon landing immediately jump laterally outside of first square.
- Immediately jump diagonally and forward into the second square.
- Jump laterally to the other side of the ladder.
- Continue jumping in and out to each side of the ladder in a zig zag pattern.
- Jog back to line.
- Repeat.

## HOW TO MAKE AN AGILITY LADDER

- Ladders can either be purchased or homemade.
- Determine the length of the side rails using a measuring tape.
- Draw out the first side rail to the desired dimension using chalk, paint or tape.
- Place the second side rail that is equal in length parallel to first with 20 inches between them.
- Every 18 inches, use the chalk, paint, or blue painter's tape to draw out the rungs between the two side rails.



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