

Agility

Day 3

Tips and Things to Remember: (MF Athletic)

- Go as fast as you can: Not as fast as you can't. Don't sabotage yourself by attempting to make your feet go faster than they are able to correctly negotiate all the rungs of the ladder. Remember: You want to develop quickness and control.
- Learn quickly, by first practicing slowly.
- Get a rhythm, then try to pick up your tempo.
 1. Get the drill right
 2. Get the drill right going slow
 3. Get the drill right going fast
- Allow for proper rest between drills. Do not perform to fatigue.
- Use your arms!

Ladder Drills

Forward Start with Left Foot

Forward Start with Right Foot

Backward Start with Left Foot

Backward Start with Right Foot

Backward Start with Right Foot

Quick Run – 2 In

upper body: arm swing and good posture

Variations:

- Start with opposite feet

- Backwards

- High knees

- Quick Feet

- Lateral

L₀ R₀

L₁ R₂

L₃ R₄

L₅ R₆

Moving Left to Right

Moving Right to Left

<u>Lateral – 2 In</u>				<u>Variations:</u> - Start going to Right and Left - High Knees - Quick Feet					
L ₀ R ₀	L ₂ R ₁	L ₄ R ₃	L ₆ R ₅	L ₈ R ₇					

<u>Over/Back</u>	<u>Variations:</u>
“Over – Back”	- Starting from Left and Right
<div><div><div>R₁</div><div>R₃</div></div><div><div><div>L₁</div><div>L₂</div><div>L₃</div><div>L₄</div><div></div><div></div><div></div><div></div><div></div><div></div></div><div><div>L₀ R₀</div><div>R₂</div><div>R₄</div></div></div></div>	

Agility

<u>Over/Back Cross</u> “Over – Back”	<u>Variations:</u> - Starting from Left and Right - Face towards ladder, Face away from ladder
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L_1
 L_3

	R ₁	R ₂	R ₃	R ₄						
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$L_0 R_0$
 L_2
 L_4

<u>2 Becomes 1</u> “2 In-1 Out-2 In-1 Out”	<u>Variations:</u> - Backwards
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L_2
 L_6

	L ₁ R ₁	L ₃ R ₃	L ₅ R ₅	L ₇ R ₇	L ₉ R ₉					
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R_4
 R_8

<u>Cross in Front</u> “Over-Out-Out” <i>use slight hip turn</i> <i>left over right, right behind left</i> <i>right over left, left behind right</i>	<u>Variations:</u> - Forwards and Backwards
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$L_0 R_0$
 $L_5 R_5$

	L ₁	R ₄	L ₇							
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$L_3 R_2$
 $L_9 R_8$

<u>Cross Behind</u> “Behind-Out-Out” <i>use slight hip turn</i> <i>left behind right, right over left</i> <i>right behind left, left over right</i>	<u>Variations:</u> - Forwards and Backwards
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$L_0 R_0$
 $L_5 R_5$

	L ₁	R ₄	L ₇							
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$L_3 R_2$
 $L_9 R_8$

Agility

<p><u>In-In, Out-Out</u></p>	<p><u>Variations:</u></p> <ul style="list-style-type: none"> - Start with opposite feet - Backwards - Lateral
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L₀ L₃ L₇

L ₁ R ₂	L ₅ R ₆	L ₉ R ₁₀							
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R₀ R₄ R₈

Right Foot Always in Square then Left Foot Always in Square

<p><u>1-2-3-In</u> “In-1-2-3-In-1-2-3-In” <i>outside foot stays in straight line</i></p>	<p><u>Variations:</u></p> <ul style="list-style-type: none"> - Backwards - Lateral
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L₀ L₂ L₄ L₆ L₈
 R₀ R₃ R₇

R ₁	R ₅	R ₉							
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<p><u>Single Leg Step Over</u> “Over-Over-Out-Up”</p>	<p><u>Variations:</u></p> <ul style="list-style-type: none"> - Each leg - Backwards
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L₀ L₃ L₇

R ₀	R ₂	R ₄	R ₆	R ₈					
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L₁ L₅ L₉

<p><u>Lateral Crossover</u> *Same foot crosses over each time</p>	<p><u>Variations:</u></p> <ul style="list-style-type: none"> - Start going to Right (Crossing Left over Right) and to Left (Crossing Right over Left)
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L₀ R₀

L ₁	R ₂	L ₃	R ₄						
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<p><u>Split Jumps</u></p>	<p><u>Variations:</u></p> <ul style="list-style-type: none"> - Forwards and Backwards (for bkws slightly rotate hips so outside foot slightly leads inside foot)
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L₁ L₃

R ₁	L ₂	R ₃	L ₄						
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L₀ R₀

R₂ R₄

Agility

Skater Hop's Variations:

Shuffle Wide & Stick Variations: - Backwards
 "In-In-Out"
 Out is wide and
 hold Out (Stick) before return

Shuffle Quick Variations: - Backwards
 "In-In-Out" not as wide and don't
 hold Out (Stick)

Shuffle Quick & Stick Variations: - Backwards
 "In-In-Out"
 Left side Quick-Right Side Stick