SECTION D – AGILITY DRILLS

Ladder Drills: Speed Agility & Quickness for Sport

Ladder drills enhance coordination, agility, balance and quickness. Ladders can be used very effectively to improve a player's basketball specific "movement" skills. Ladder drills are fun and challenging and can add a bit of variety to your training. These drills can be performed at low intensity as part of a dynamic warm-up or at high intensity for specific conditioning.

Teaching points:

• Follow the numbered footwork patterns as indicated in the diagram. Start slowly to learn the sequence of movements, then gradually progress to performing the drill as fast as possible.

• Emphasize light, quick steps, staying up on the balls of the feet.

• Challenge yourself by performing the drills backwards as well as forwards!
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Drill 1 Icky Shuffle

Drill 2

Double Step Icky Shuffle:
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Drill 3 Hop Scotch

Drill 4 Lateral Skater
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Drill 5 Straddle Hop Drill

![Diagram of Straddle Hop Drill]

Drill 6

![Diagram of Backwards Straddle Hops]

Backwards Straddle Hops:
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Drill 7

Right foot lead:

```
2 1 6 5 10
L R L R L
```

Left foot lead:

```
2 1 6 5 10
R L R L R
```
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Drill 8

Right foot lead:

```
START
L R L R L R L R L R L R
2 1 6 5 10 9 14 13 18 17
```

Left foot lead:

```
START
R L R L R L R L R L R
4 3 8 7 12 11 16 15 20
```

```