

OrthoBethesda Therapy Services

Agility Ladder Exercises

Perform each of the following drills throughout the full length of the agility ladder. Each exercise should be performed twice, leading with a different foot each time.

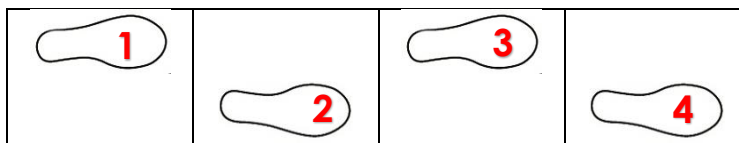
Exercise List:

1. 1-in
2. Single Leg Hop
3. 2-in
4. Side Shuffle
5. Ali Shuffle
6. Ali Crossover
7. In-In-Out-Out
8. In-In-Out-Out (Straddle)
9. Lateral In-In-Out-Out
10. W-Weave (2 in, 2 out)
11. W-Weave (2 in, 1 out)
12. Lateral W-Weave

Exercise Descriptions:

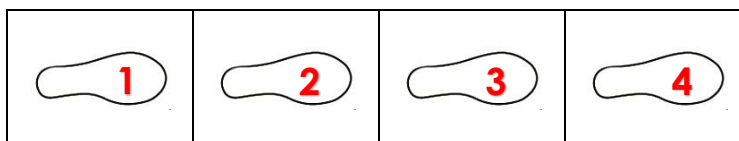
1. 1-in

- Alternate stepping only one foot into each box. (Left, Right, Left, Right)



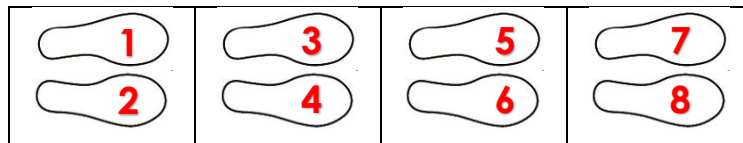
2. Single Leg Hop

- Start with one foot in front of the first box and the other foot raised in the air
- Hop forward into each box as the other foot remains in the air at all times



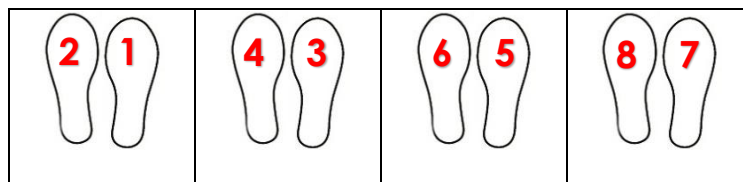
3. 2-in

- Step both feet into each box before advancing to the next box
- Lead with the same foot each time



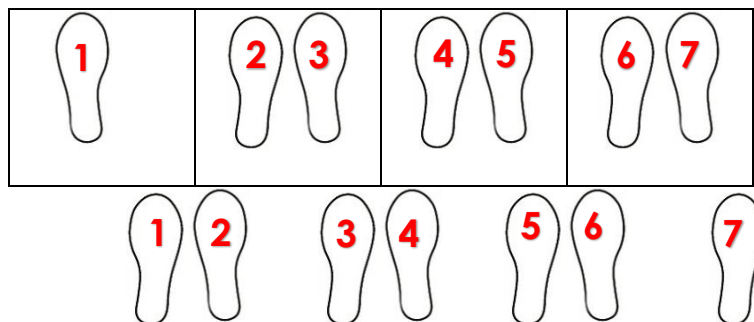
4. Side Shuffle

- Face sideways, with the hips and knees slightly bent in an athletic stance
- Move both feet into each box before advancing to the next box
 - Look straight ahead and do not rotate the torso



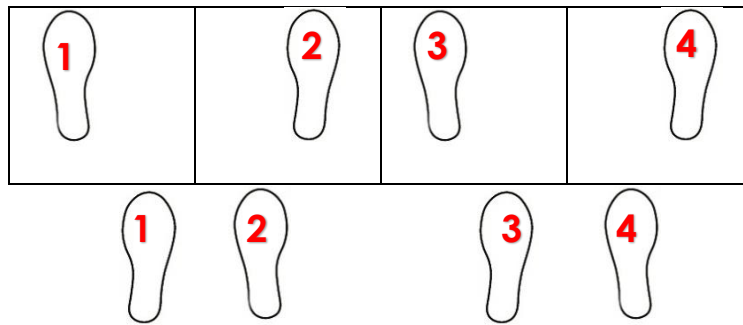
5. Ali Shuffle

- Stand on the side of the ladder, facing the first box
- Begin with the toes of your trailing leg in the first box and your leading leg outside of the ladder
- Remove your trailing leg from the first box while simultaneously placing the toes of your leading leg in the second box
- Remove your leading leg from the second box while simultaneously placing the toes of your trailing leg in the second box
- Remove your trailing leg from the second box while simultaneously placing the toes of your leading leg in the third box
- Continue this pattern through the remainder of the ladder



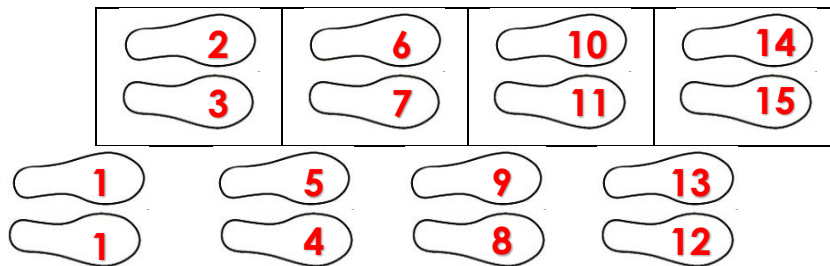
6. Ali Crossover

- Stand on the side of the ladder, facing the first box
- Begin with the toes of your trailing leg in the first box and your leading leg outside of the ladder
- Remove your trailing leg from the first box while simultaneously placing the toes of your leading leg in the second box
- Remove your leading leg from the second box while simultaneously placing the toes of your trailing leg in the third box
- Remove your trailing leg from the third box while simultaneously placing the toes of your leading leg in the fourth box
- Continue this pattern through the remainder of the ladder



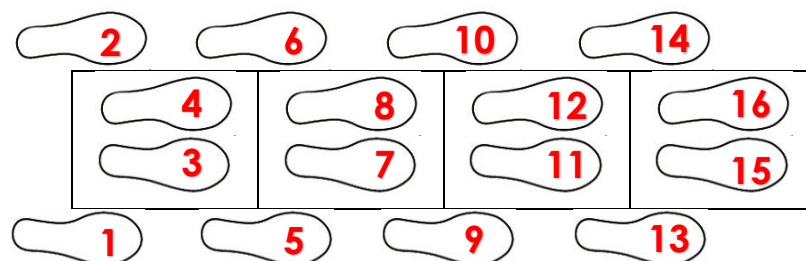
7. In-In-Out-Out

- Stand on the side of the ladder, facing forward
- Step into the first box with your "inside" leg (leg closest to the ladder), followed by your "outside" leg
- Step back out of the box with your "outside" leg, followed by your "inside" leg
- Step into the second box with your "inside" leg (leg closest to the ladder), followed by your "outside" leg
- Continue this pattern through the remainder of the ladder



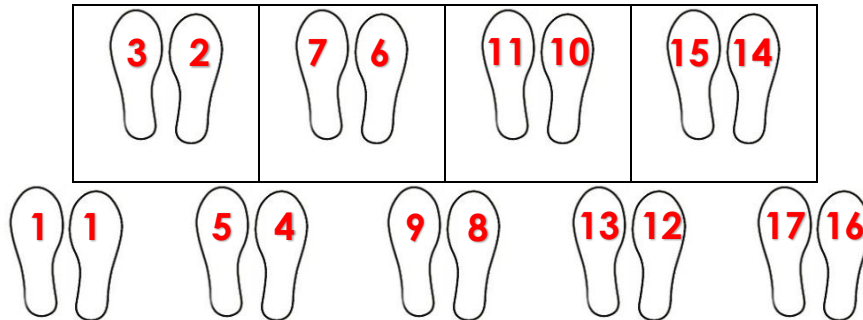
8. In-In-Out-Out (Straddle)

- Stand in front of the ladder, facing forward
- Step your right foot to the outside (right) of the ladder and then step your left foot to the outside (left) of the ladder
- Step your right foot into the first box, followed by your left foot
- Continue this pattern through the remainder of the ladder



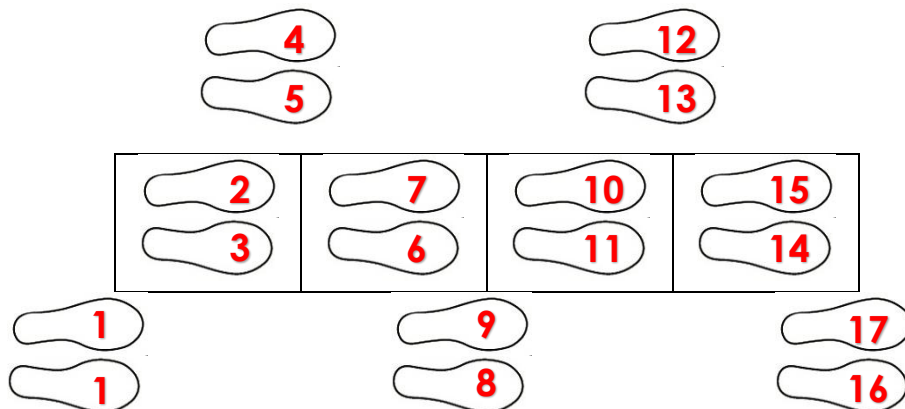
9. Lateral In-In-Out-Out

- Stand on the side of the ladder, facing the first box
- Step into the first box with your leading leg, followed by you trailing leg
- Step backward out of the first box with your leading leg, followed by you trailing leg
- Step into the second box with your leading leg, followed by you trailing leg
- Continue this pattern through the remainder of the ladder



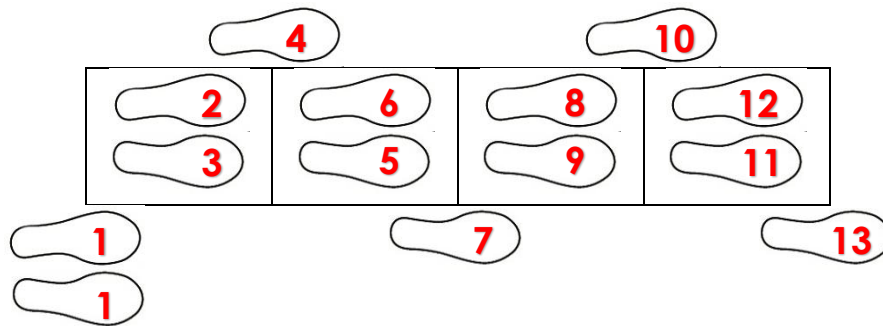
10. W-Weave (2 in, 2 out)

- Stand on the side of the ladder, facing forward
- Step into the first box with your inside/leading leg (leg closest to the ladder), followed by your outside/trailing leg
- Continue in moving in the same direction (toward your leading leg) by stepping out of the box with your leading leg followed by your trailing leg
 - *At this point, your leading and trailing legs will switch to the opposite side*
- Step into the second box with your new leading leg (leg closest to the ladder), followed by your trailing leg
- Continue moving in the same direction (toward your leading leg) by stepping out of the box with your leading leg followed by your trailing leg
 - *At this point, your leading and trailing legs will again switch to the opposite side*
- Continue this pattern through the remainder of the ladder



11. W-Weave (2 in, 1 out)

- Stand on the side of the ladder, facing forward
- Step into the first box with your inside/leading leg (leg closest to the ladder), followed by your outside/trailing leg
- Continue in moving in the same direction (toward your leading leg) by stepping out of the box with your leading leg only
 - *At this point, your leading and trailing legs will switch to the opposite side*
- Step your new leading leg (leg inside of first box) forward into the second box and then bring your trailing leg into the second box as well
- Continue moving in the same direction (toward your leading leg) by stepping out of the box with your leading leg only
 - *At this point, your leading and trailing legs will again switch to the opposite side*
- Step your new leading leg (leg inside of second box) forward into the third box and then bring your trailing leg into the third box as well
- Continue this pattern through the remainder of the ladder



12. Lateral W-Weave

- Stand on the side of the ladder, facing the first box
- Step forward into the first box with your leading leg, followed by your trailing leg
- Step forward out of the first box with your leading leg, followed by your trailing leg
- Step backward into the second box with your leading leg, followed by your trailing leg
- Step backward out of the second box with your leading leg, followed by your trailing leg
- Continue this pattern through the remainder of the ladder

