



Bacchus Marsh Basketball Association.

Coaches Manual - Agility Ladder.



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!**



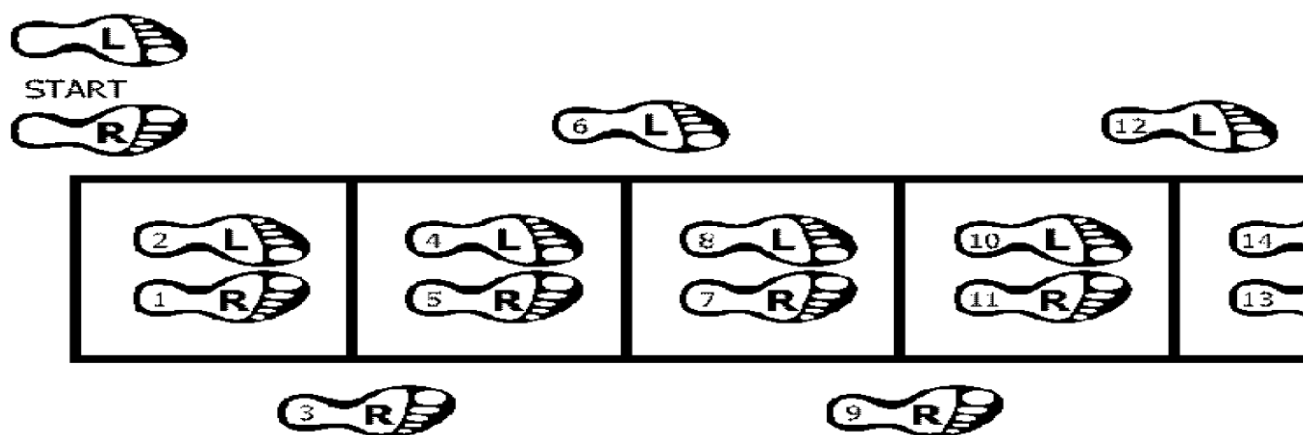
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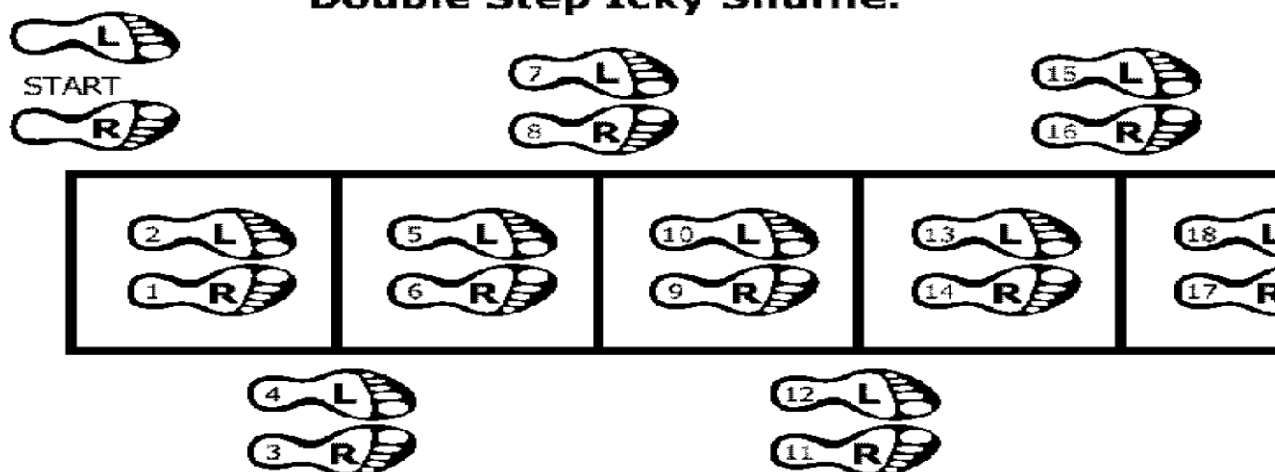
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Drill 1 Icky Shuffle



Drill 2

Double Step Icky Shuffle:





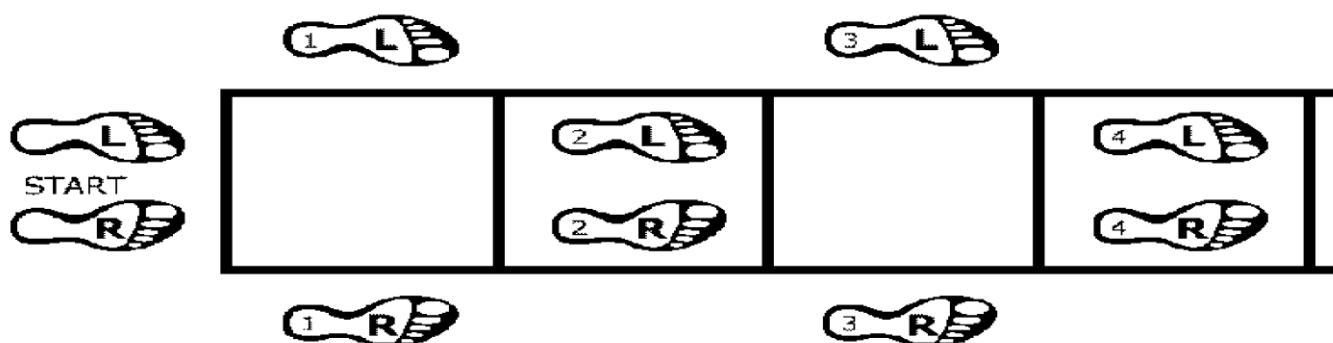
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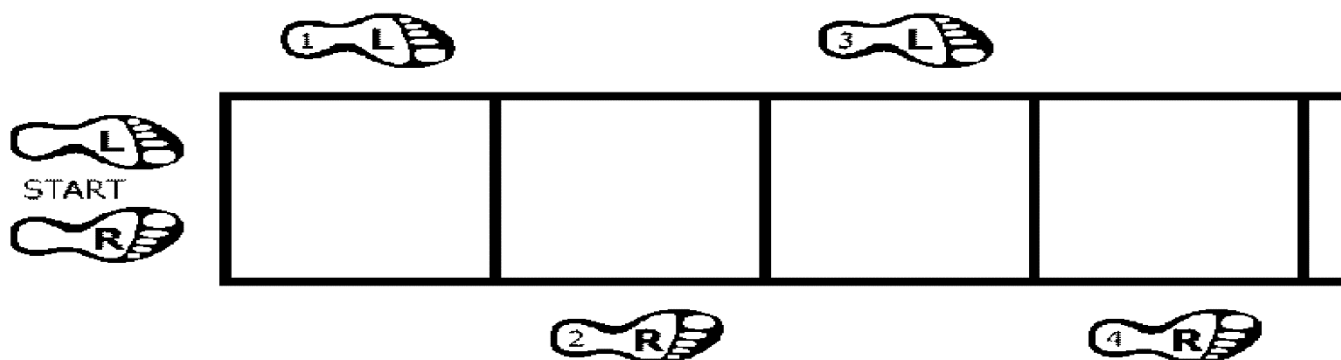


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Drill 3 Hop Scotch



Drill 4 Lateral Skater





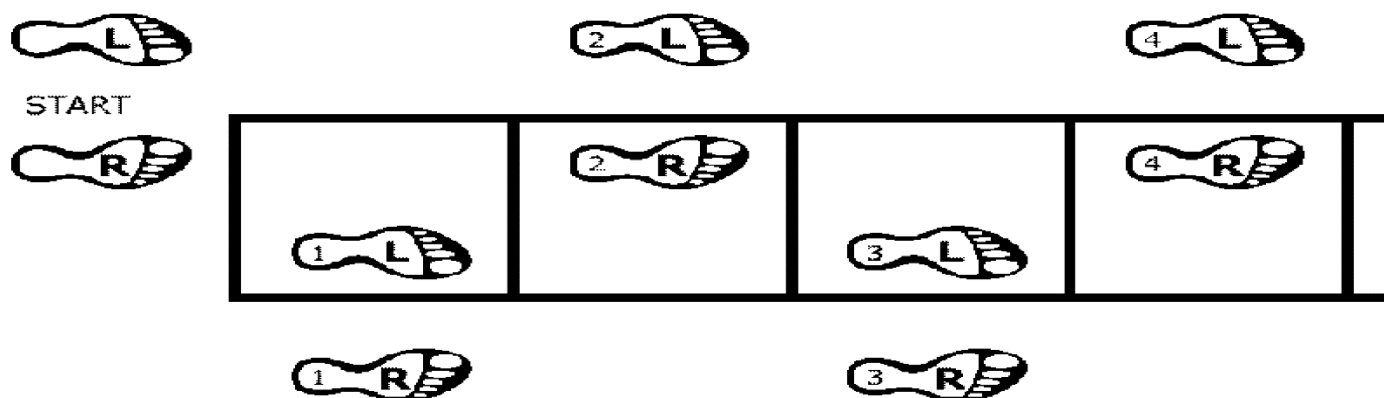
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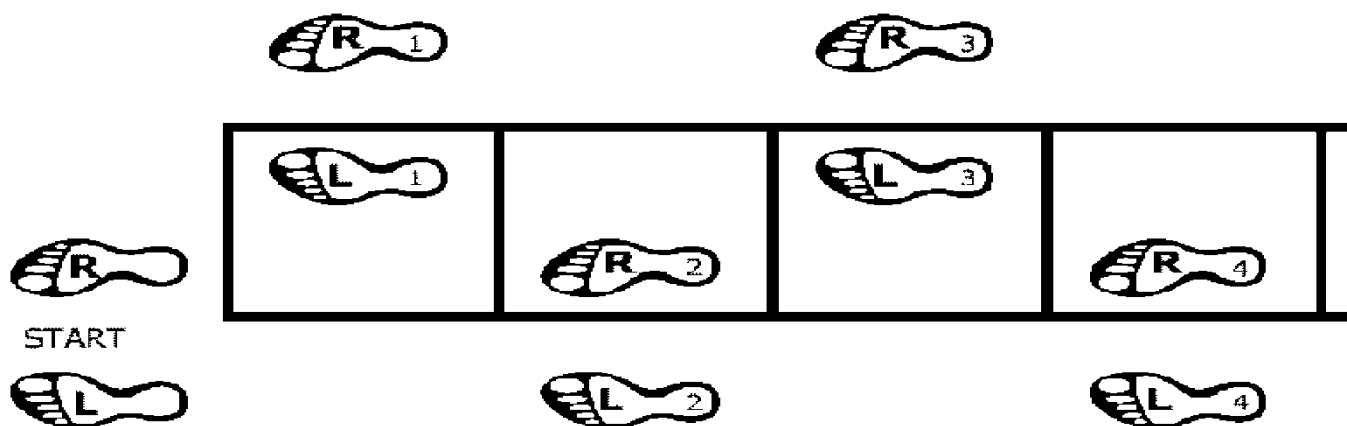


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Drill 5 Straddle Hop Drill



Drill 6



Backwards Straddle Hops:



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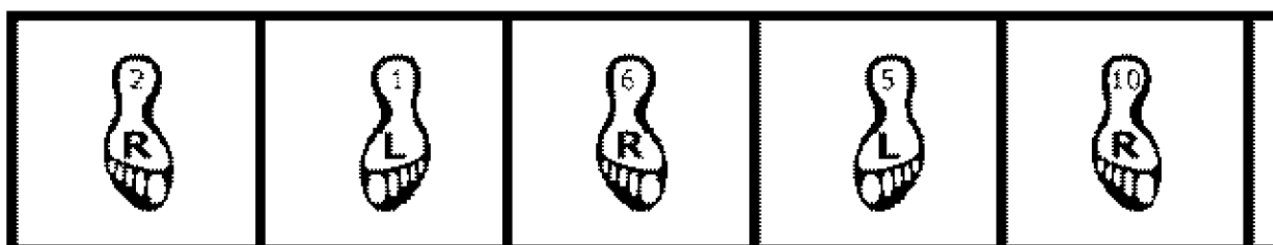
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Drill 7

Right foot lead:



Left foot lead:



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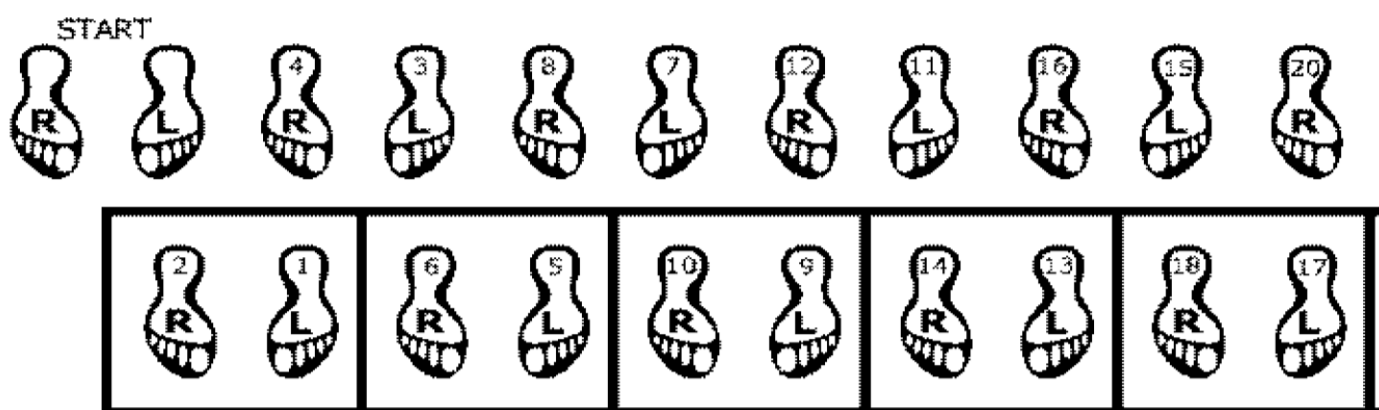
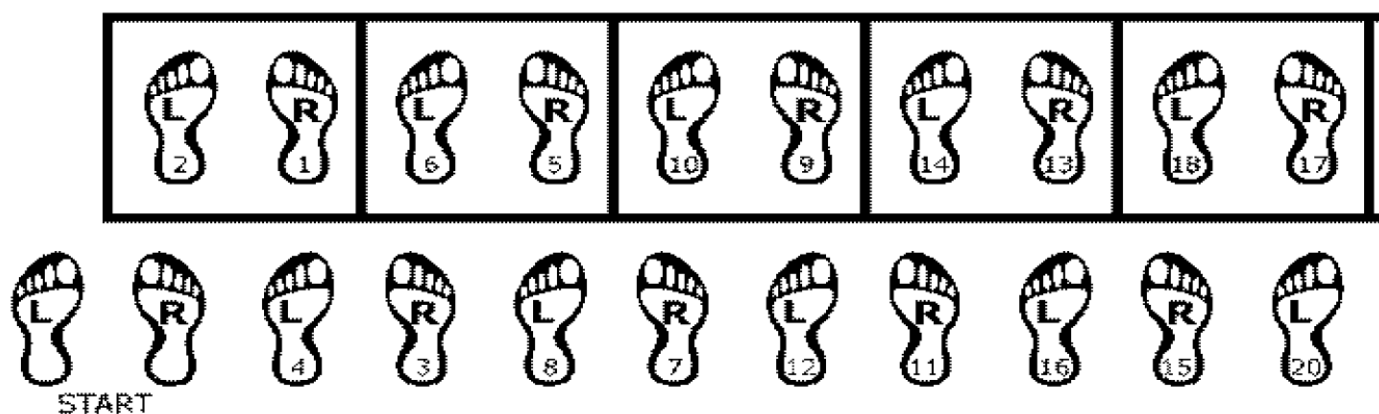
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Drill 8

Right foot lead:



Left foot lead: