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)

   ![1-2-3-4]

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

   ![1-2-3-4]
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
   o Stand on the side of the ladder, facing the first box
   o Begin with the toes of your trailing leg in the first box and your leading leg outside of the ladder
   o Remove your trailing leg from the first box while simultaneously placing the toes of your leading leg in the second box
   o Remove your leading leg from the second box while simultaneously placing the toes of your trailing leg in the third box
   o Remove your trailing leg from the third box while simultaneously placing the toes of your leading leg in the fourth box
   o Continue this pattern through the remainder of the ladder

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

8. In-In-Out-Out (Straddle)
   o Stand in front of the ladder, facing forward
   o Step your right foot to the outside (right) of the ladder and then step your left foot to the outside (left) of the ladder
   o Step your right foot into the first box, followed by your left foot
   o 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 your trailing leg
   - Step backward out of the first box with your leading leg, followed by your trailing leg
   - Step into the second box with your leading leg, followed by your 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