**Engaging, Challenging, and Fun Agility Ladder Activities**

**Dr. John Byl**

**Want More?**

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[www.canadago4sport.com](http://www.canadago4sport.com)

[www.gophersport.com](http://www.gophersport.com)

Twitter & Instagram => @canadago4sport (for weekly posting of a new game)

Description: Engage in over 30 different activities for 8 different kinds of agility ladders. All focused-on fitness and several with a game component. Equipment to be given away to participants at the end of the workshop.

Objectives:

1. Learn about different types of agility ladders
2. Participate and learn about different uses of agility ladders.

Agenda:

Rotate through ladders every two minutes—Work right and left side when different (for example right tap in then on the way back do a left tap in).

* Legs (21 minutes—3 minutes a station)
  + SKLZ Agility Trainer--<https://www.gophersport.com/fitness/saq/sklz-elevation-ladder>
    - Every Other Rung Run
      * <https://www.canadago4sport.com/Ladders/Every-Other-Rung-Run>
    - Every Rung Run
      * <https://www.canadago4sport.com/Ladders/Every-Rung-Run>
    - Tap In
      * <https://www.canadago4sport.com/Ladders/Tap-In>
    - High Knee Every Other Rung
      * <https://www.canadago4sport.com/Ladders/High-knee%E2%80%94Every-Other-Rung>
    - High Knee Every Rung
      * <https://www.canadago4sport.com/Ladders/High-Knee%3A-Every-Rung>
  + Hurd Ladder--<https://www.gophersport.com/fitness/saq/gopher-hurdladder-agility-ladder>
    - Two-Foot Jump Every Rung
      * <https://www.canadago4sport.com/Ladders/Two-Foot-Jump%E2%80%94Every-Rung>
    - Two-Foot Jump Every Other Rung
      * <https://www.canadago4sport.com/Ladders/Two-Foot-Jump%E2%80%94Every-Other-Rung>
    - Explosive Jumps
      * <https://www.canadago4sport.com/Ladders/Explosive-jumps>
  + Secure Step--<https://www.gophersport.com/fitness/saq/secure-step-agility-ladders>
    - Every Rung Sideways Run
      * <https://www.canadago4sport.com/Ladders/Every-Rung-Sideways-Run>
    - Every Rung Sideways Crossover Run
      * <https://www.canadago4sport.com/Ladders/Every-Rung-Sideways-Crossover-Run>
    - Every Other Rung Sideways Run
      * <https://www.canadago4sport.com/Ladders/Every-Other-Rung-Sideways-Run>
    - Alternate In and Out Sideways Run
      * <https://www.canadago4sport.com/Ladders/Alternate-In-and-Out-Sideways-Run>
  + High Rise Agility Ladder--<https://www.gophersport.com/fitness/saq/highrise-agility-ladder>
    - Hops
      * <https://www.canadago4sport.com/Ladders/Hops->
    - Hop In Out
      * <https://www.canadago4sport.com/Ladders/Hop-In-Out>
  + Hurdles--<https://www.gophersport.com/sports/track-field/ultrafit-2-in-1-hurdles>
    - In Then Out Jumps
      * <https://www.canadago4sport.com/Ladders/In-Then-Out-Jumps>
    - Hight Vertical Jumps
      * <https://www.canadago4sport.com/Ladders/High-Vertical-Jumps>
    - Three Jumps and Three Runs
      * <https://www.canadago4sport.com/Ladders/Three-Jumps-and-Three-Runs>
    - Jump In and Out
      * <https://www.canadago4sport.com/Ladders/Jump-In-and-Out>
  + SKLZ Agility Trainer Pro—<https://www.gophersport.com/fitness/saq/sklz-agility-trainer-pro>
    - Boxing Shuffle
      * <https://www.canadago4sport.com/Ladders/Boxing-Shuffle>
    - Slalom Skiing
      * <https://www.canadago4sport.com/Ladders/Slalom-Skiing>
    - Downhill Skiing
      * <https://www.canadago4sport.com/Ladders/Downhill-Skiing>
    - 180s
      * <https://www.canadago4sport.com/Ladders/180s>
  + Ultra Fit Rollout--<https://www.gophersport.com/fitness/saq/ultrafit-rollout-ladder>
    - In Outs
      * <https://www.canadago4sport.com/Ladders/In-Outs>
    - In In Out
      * <https://www.canadago4sport.com/Ladders/In-In-Out>
    - In In Out Out
      * <https://www.canadago4sport.com/Ladders/In-In-Out-Out>
* Arms (pick one and do all with hands?—7 minutes 1 minute each)
* With Equipment (Individual; Wall; Partners…) (7 minutes 1 minute each)
  + SKLZ Agility Trainer (Catch and Throw)
  + Hurd Ladder (Weighted Ball)
  + Secure Step (Racquets and Ball)
  + High Rise Agility Ladder (Weighted Ball)
  + Hurdles (Catch and Throw)
  + SKLZ Agility Trainer Pro (Catch and Throw)
  + Ultra Fit Rollout (Catch and Throw)
* Games (20 minutes 5 minutes each)
  + Football (with different ladder moves and RPS)
    - [www.youtube.com/watch?v=sRD0Ep7fgH8](http://www.youtube.com/watch?v=sRD0Ep7fgH8)
  + Snowflake (with two-foot jumps and RPS)
    - <https://www.canadago4sport.com/Locomotor/Snowflake>
  + Circle Run (three times)
  + Push Up Wave (five times)
    - <https://www.canadago4sport.com/Warmups/Team-Planks-Caterpillar-Relay>
* Discussion

Dear John Byl,  
  
John Byl at has sent you their **Gopher Sport shopping cart**, as seen below:

| **Item** |  | **Details** | **Quantity** | | **Subtotal** | |
| --- | --- | --- | --- | --- | --- | --- |
| [**SKLZ Elevation Ladder - SKLZ Elevation Ladder**](https://mandrillapp.com/track/click/11020647/www.gophersport.com?p=eyJzIjoiU2FPV0YxNGUtTmRQcE5VOHNuT1NGM3c5Z0gwIiwidiI6MSwicCI6IntcInVcIjoxMTAyMDY0NyxcInZcIjoxLFwidXJsXCI6XCJodHRwczpcXFwvXFxcL3d3dy5nb3BoZXJzcG9ydC5jb21cXFwvZml0bmVzc1xcXC9zYXFcXFwvc2tsei1lbGV2YXRpb24tbGFkZGVyP3V0bV9zb3VyY2U9dHJhbnNhY3Rpb25hbCZ1dG1fbWVkaXVtPWVtYWlsJnV0bV9jYW1wYWlnbj1lbWFpbC1jYXJ0XCIsXCJpZFwiOlwiZmE4NDVkOTc0OGM5NGM3ODg0YzM1YWU2OGYxNDE4MDRcIixcInVybF9pZHNcIjpbXCI4ZjNmMDM1MjYzNzk1MjBmMjkzNTMwZmFlYzI1MWFkZTY2YzkwMGMxXCJdfSJ9) Item No: 04-403 Availability: In Stock | Price: Unit: | C$65.00 Ea | 3 | | C$195.00 | |
| [**SecureStep™ Agility Ladders - SecureStep™ Agility Ladders**](https://mandrillapp.com/track/click/11020647/www.gophersport.com?p=eyJzIjoiTG84d2hNSXBFaHo5Z2hYR21haGUyU3doWVBRIiwidiI6MSwicCI6IntcInVcIjoxMTAyMDY0NyxcInZcIjoxLFwidXJsXCI6XCJodHRwczpcXFwvXFxcL3d3dy5nb3BoZXJzcG9ydC5jb21cXFwvZml0bmVzc1xcXC9zYXFcXFwvc2VjdXJlLXN0ZXAtYWdpbGl0eS1sYWRkZXJzP3V0bV9zb3VyY2U9dHJhbnNhY3Rpb25hbCZ1dG1fbWVkaXVtPWVtYWlsJnV0bV9jYW1wYWlnbj1lbWFpbC1jYXJ0XCIsXCJpZFwiOlwiZmE4NDVkOTc0OGM5NGM3ODg0YzM1YWU2OGYxNDE4MDRcIixcInVybF9pZHNcIjpbXCI3MWQ3YjU0YWQ0NjIwOTkzOTA0NGRlZjBjM2Y0NTQwOWJkMDM1ZDAzXCJdfSJ9) Item No: 70-064 Availability: In Stock | Price: Unit: | C$95.00 Ea | 1 | | C$95.00 | |
| [**Gopher HurdLadder Agility Ladder - Gopher HurdLadder Agility Ladder**](https://mandrillapp.com/track/click/11020647/www.gophersport.com?p=eyJzIjoiZlVLVFVJb0FwOUoyREY4Y3oxQlNybHE1VW5FIiwidiI6MSwicCI6IntcInVcIjoxMTAyMDY0NyxcInZcIjoxLFwidXJsXCI6XCJodHRwczpcXFwvXFxcL3d3dy5nb3BoZXJzcG9ydC5jb21cXFwvZml0bmVzc1xcXC9zYXFcXFwvZ29waGVyLWh1cmRsYWRkZXItYWdpbGl0eS1sYWRkZXI_dXRtX3NvdXJjZT10cmFuc2FjdGlvbmFsJnV0bV9tZWRpdW09ZW1haWwmdXRtX2NhbXBhaWduPWVtYWlsLWNhcnRcIixcImlkXCI6XCJmYTg0NWQ5NzQ4Yzk0Yzc4ODRjMzVhZTY4ZjE0MTgwNFwiLFwidXJsX2lkc1wiOltcIjk2NGRkNmY0M2YyMDYzZDA0MTE1NGFmNDI4NjE0YjA3ODZmNGJkZDJcIl19In0) Item No: 69-495 Availability: In Stock | Price: Unit: | C$125.00 Ea | 1 | | C$125.00 | |
| [**HighRise Agility Ladder - HighRise Agility Ladder**](https://mandrillapp.com/track/click/11020647/www.gophersport.com?p=eyJzIjoidzZPMVpjNy1OUVFCUjlOSnZORnRuRWdDTUJVIiwidiI6MSwicCI6IntcInVcIjoxMTAyMDY0NyxcInZcIjoxLFwidXJsXCI6XCJodHRwczpcXFwvXFxcL3d3dy5nb3BoZXJzcG9ydC5jb21cXFwvZml0bmVzc1xcXC9zYXFcXFwvaGlnaHJpc2UtYWdpbGl0eS1sYWRkZXI_dXRtX3NvdXJjZT10cmFuc2FjdGlvbmFsJnV0bV9tZWRpdW09ZW1haWwmdXRtX2NhbXBhaWduPWVtYWlsLWNhcnRcIixcImlkXCI6XCJmYTg0NWQ5NzQ4Yzk0Yzc4ODRjMzVhZTY4ZjE0MTgwNFwiLFwidXJsX2lkc1wiOltcIjVlZjM4Njc5NGUzYjYwODYzOThlMjM5YjVkZDllNzFlOWY2ZjViYjZcIl19In0) Item No: 74-444 Availability: In Stock | Price: Unit: | C$189.00 Pack | 1 | | C$189.00 | |
| [**UltraFit Rollout Ladder - UltraFit Rollout Ladder**](https://mandrillapp.com/track/click/11020647/www.gophersport.com?p=eyJzIjoiUUxqMVA2RE5fcE1zbkNEWkZTMHU4LVZrWGpNIiwidiI6MSwicCI6IntcInVcIjoxMTAyMDY0NyxcInZcIjoxLFwidXJsXCI6XCJodHRwczpcXFwvXFxcL3d3dy5nb3BoZXJzcG9ydC5jb21cXFwvZml0bmVzc1xcXC9zYXFcXFwvdWx0cmFmaXQtcm9sbG91dC1sYWRkZXI_dXRtX3NvdXJjZT10cmFuc2FjdGlvbmFsJnV0bV9tZWRpdW09ZW1haWwmdXRtX2NhbXBhaWduPWVtYWlsLWNhcnRcIixcImlkXCI6XCJmYTg0NWQ5NzQ4Yzk0Yzc4ODRjMzVhZTY4ZjE0MTgwNFwiLFwidXJsX2lkc1wiOltcIjRjYTY3ZjU5OTkyOTQ4YjRlZjYxODUyMWUwNjA3YWM4NDkzOWUyMWNcIl19In0) Item No: 67-967 Availability: In Stock | Price: Unit: | C$115.00 Ea | 1 | | C$115.00 | |
| [**SKLZ Agility Trainer Pro - SKLZ Agility Trainer Pro**](https://mandrillapp.com/track/click/11020647/www.gophersport.com?p=eyJzIjoiSkpGbFVoRHNYYVhaY0pCaUpwZWxIZXFEZkt3IiwidiI6MSwicCI6IntcInVcIjoxMTAyMDY0NyxcInZcIjoxLFwidXJsXCI6XCJodHRwczpcXFwvXFxcL3d3dy5nb3BoZXJzcG9ydC5jb21cXFwvZml0bmVzc1xcXC9zYXFcXFwvc2tsei1hZ2lsaXR5LXRyYWluZXItcHJvP3V0bV9zb3VyY2U9dHJhbnNhY3Rpb25hbCZ1dG1fbWVkaXVtPWVtYWlsJnV0bV9jYW1wYWlnbj1lbWFpbC1jYXJ0XCIsXCJpZFwiOlwiZmE4NDVkOTc0OGM5NGM3ODg0YzM1YWU2OGYxNDE4MDRcIixcInVybF9pZHNcIjpbXCI2YzJlNjQ1ZjcxOGJlZDQ2OWQwYmVlNjBhMmE1ZDMzZWFkNThhYjI3XCJdfSJ9) Item No: 04-402 Availability: In Stock | Price: Unit: | C$125.00 Set of 10 | 1 | | C$125.00 | |
| [**UltraFit 2-in-1 Hurdles - UltraFit 2-in-1 Hurdles**](https://mandrillapp.com/track/click/11020647/www.gophersport.com?p=eyJzIjoiZE1fS1VXNkdqMy01TUtZdVJoSTFJcWc3bnJjIiwidiI6MSwicCI6IntcInVcIjoxMTAyMDY0NyxcInZcIjoxLFwidXJsXCI6XCJodHRwczpcXFwvXFxcL3d3dy5nb3BoZXJzcG9ydC5jb21cXFwvc3BvcnRzXFxcL3RyYWNrLWZpZWxkXFxcL3VsdHJhZml0LTItaW4tMS1odXJkbGVzP3V0bV9zb3VyY2U9dHJhbnNhY3Rpb25hbCZ1dG1fbWVkaXVtPWVtYWlsJnV0bV9jYW1wYWlnbj1lbWFpbC1jYXJ0XCIsXCJpZFwiOlwiZmE4NDVkOTc0OGM5NGM3ODg0YzM1YWU2OGYxNDE4MDRcIixcInVybF9pZHNcIjpbXCI5YzljOTE0YTFlY2NkMzhiYmRjNGJiNWQ0OTZmZmIzOWU1NmU0MDVmXCJdfSJ9) Item No: 39-549 Availability: In Stock | Price: Unit: | C$125.00 Set of 6 | 1 | | C$125.00 | |
| [**ACTION! SquaredOff Set - ACTION! SquaredOff Set**](https://mandrillapp.com/track/click/11020647/www.gophersport.com?p=eyJzIjoiejdndjJxWGRGZHJhVXRabDdlbDRhdTdkbDUwIiwidiI6MSwicCI6IntcInVcIjoxMTAyMDY0NyxcInZcIjoxLFwidXJsXCI6XCJodHRwczpcXFwvXFxcL3d3dy5nb3BoZXJzcG9ydC5jb21cXFwvcGVcXFwvYWN0aXZpdGllc1xcXC9hY3Rpb24tc3F1YXJlZC1vZmYtZ2FtZT91dG1fc291cmNlPXRyYW5zYWN0aW9uYWwmdXRtX21lZGl1bT1lbWFpbCZ1dG1fY2FtcGFpZ249ZW1haWwtY2FydFwiLFwiaWRcIjpcImZhODQ1ZDk3NDhjOTRjNzg4NGMzNWFlNjhmMTQxODA0XCIsXCJ1cmxfaWRzXCI6W1wiMWJmYWExY2RhMGNhNTY1ZmIzNDM4NGI2MzA4MmU3OTcwOWQxYzM0ZVwiXX0ifQ) Item No: 58-473 Availability: In Stock Soon | Price: Unit: | C$325.00 Set | 1 | | C$325.00 | |
| [**Premium High-Bounce Balls - Rainbow Set, 5.9" dia**](https://mandrillapp.com/track/click/11020647/www.gophersport.com?p=eyJzIjoienlHazlfT1ljS0RDdjk0VU03Zndnb2tJdXM0IiwidiI6MSwicCI6IntcInVcIjoxMTAyMDY0NyxcInZcIjoxLFwidXJsXCI6XCJodHRwczpcXFwvXFxcL3d3dy5nb3BoZXJzcG9ydC5jb21cXFwvcGVcXFwvYmFsbHNcXFwvcHJlbWl1bS1oaWdoLWJvdW5jZS11bmNvYXRlZC1mb2FtLWJhbGxzP3V0bV9zb3VyY2U9dHJhbnNhY3Rpb25hbCZ1dG1fbWVkaXVtPWVtYWlsJnV0bV9jYW1wYWlnbj1lbWFpbC1jYXJ0XCIsXCJpZFwiOlwiZmE4NDVkOTc0OGM5NGM3ODg0YzM1YWU2OGYxNDE4MDRcIixcInVybF9pZHNcIjpbXCJhMDkxYjVhNzQxOWRkODhhMWNhNzBlODc4ZjIwMGM5ZTlkZmI2MzEyXCJdfSJ9) Item No: 72-026 Availability: In Stock | Price: Unit: | C$105.00 Set of 6 | 1 | | C$105.00 | |
| [**UltraFit™ Endurance™ Medicine Balls - Individual, 8 lb**](https://mandrillapp.com/track/click/11020647/www.gophersport.com?p=eyJzIjoicWZ3cVdCU0dxNGp2MUtvYTBCdWJlMVVKTlNRIiwidiI6MSwicCI6IntcInVcIjoxMTAyMDY0NyxcInZcIjoxLFwidXJsXCI6XCJodHRwczpcXFwvXFxcL3d3dy5nb3BoZXJzcG9ydC5jb21cXFwvZml0bmVzc1xcXC9tZWRpY2luZS1iYWxsc1xcXC91bHRyYWZpdC1lbmR1cmFuY2UtbWVkaWNpbmUtYmFsbHM_dXRtX3NvdXJjZT10cmFuc2FjdGlvbmFsJnV0bV9tZWRpdW09ZW1haWwmdXRtX2NhbXBhaWduPWVtYWlsLWNhcnRcIixcImlkXCI6XCJmYTg0NWQ5NzQ4Yzk0Yzc4ODRjMzVhZTY4ZjE0MTgwNFwiLFwidXJsX2lkc1wiOltcIjJjMTNjYmRkYWFhNWExNzkzM2RiZGI3OGI3MjNlMzIyNWE3NDg0YTJcIl19In0) Item No: 69-922 Availability: In Stock | Price: Unit: | C$95.00 Ea | 1 | | C$95.00 | |
| [**TACtonic Slam Balls - Individual, 8 lb**](https://mandrillapp.com/track/click/11020647/www.gophersport.com?p=eyJzIjoiR2tGWjR1aDg5Z1FZNG1tLTNnR0Ytd2Q2bmc4IiwidiI6MSwicCI6IntcInVcIjoxMTAyMDY0NyxcInZcIjoxLFwidXJsXCI6XCJodHRwczpcXFwvXFxcL3d3dy5nb3BoZXJzcG9ydC5jb21cXFwvZml0bmVzc1xcXC9tZWRpY2luZS1iYWxsc1xcXC90YWN0b25pYy1zbGFtLWJhbGxzP3V0bV9zb3VyY2U9dHJhbnNhY3Rpb25hbCZ1dG1fbWVkaXVtPWVtYWlsJnV0bV9jYW1wYWlnbj1lbWFpbC1jYXJ0XCIsXCJpZFwiOlwiZmE4NDVkOTc0OGM5NGM3ODg0YzM1YWU2OGYxNDE4MDRcIixcInVybF9pZHNcIjpbXCI2YjZhY2NjOTIyZGM2MTc5MGE0ZDViNDk4ZGZiMmI3NzI2ZTUyYmU5XCJdfSJ9) Item No: 65-537 Availability: In Stock | Price: Unit: | C$44.00 Ea | 1 | | C$44.00 | |
| [**Quake Slam Ball - Individual, 20 lb**](https://mandrillapp.com/track/click/11020647/www.gophersport.com?p=eyJzIjoicDB0Zl9mMERDLVpYT3dlMUVfWkw4Z3hLeTFzIiwidiI6MSwicCI6IntcInVcIjoxMTAyMDY0NyxcInZcIjoxLFwidXJsXCI6XCJodHRwczpcXFwvXFxcL3d3dy5nb3BoZXJzcG9ydC5jb21cXFwvZml0bmVzc1xcXC9tZWRpY2luZS1iYWxsc1xcXC9xdWFrZS1zbGFtLWJhbGw_dXRtX3NvdXJjZT10cmFuc2FjdGlvbmFsJnV0bV9tZWRpdW09ZW1haWwmdXRtX2NhbXBhaWduPWVtYWlsLWNhcnRcIixcImlkXCI6XCJmYTg0NWQ5NzQ4Yzk0Yzc4ODRjMzVhZTY4ZjE0MTgwNFwiLFwidXJsX2lkc1wiOltcIjdhMmUzNmQ4YTU1OTdkZjY2MGI0ZTQxNDJiNDgxNGI5YjYxMGFiZTFcIl19In0) Item No: 73-703 Availability: In Stock | Price: Unit: | C$65.00 Ea | 1 | | C$65.00 | |
| [**Tremor Slam Balls - Individual, 10 lb**](https://mandrillapp.com/track/click/11020647/www.gophersport.com?p=eyJzIjoiblpxR3Q2aEdwTklNYkh2NjdoRW8yTnc5Yi1JIiwidiI6MSwicCI6IntcInVcIjoxMTAyMDY0NyxcInZcIjoxLFwidXJsXCI6XCJodHRwczpcXFwvXFxcL3d3dy5nb3BoZXJzcG9ydC5jb21cXFwvZml0bmVzc1xcXC9tZWRpY2luZS1iYWxsc1xcXC91bHRyYWZpdC10cmVtb3Itc2xhbS1iYWxsP3V0bV9zb3VyY2U9dHJhbnNhY3Rpb25hbCZ1dG1fbWVkaXVtPWVtYWlsJnV0bV9jYW1wYWlnbj1lbWFpbC1jYXJ0XCIsXCJpZFwiOlwiZmE4NDVkOTc0OGM5NGM3ODg0YzM1YWU2OGYxNDE4MDRcIixcInVybF9pZHNcIjpbXCI1ZGE1MmYxMjA4NmIzY2RmYTRlMzNiNzM4YTlkMjk3OWUxZDFlNTdkXCJdfSJ9) Item No: 67-623 Availability: In Stock | Price: Unit: | C$44.00 Ea | 1 | | C$44.00 | |
| [**Rainbow® Protect-R™ Paddle - Paddles**](https://mandrillapp.com/track/click/11020647/www.gophersport.com?p=eyJzIjoiLV84TDh6aXdudjRENWFTOUxCdERjZENYOThnIiwidiI6MSwicCI6IntcInVcIjoxMTAyMDY0NyxcInZcIjoxLFwidXJsXCI6XCJodHRwczpcXFwvXFxcL3d3dy5nb3BoZXJzcG9ydC5jb21cXFwvc3BvcnRzXFxcL3BpY2tsZWJhbGxcXFwvcmFpbmJvdy1wcm90ZWN0LXItcGFkZGxlP3V0bV9zb3VyY2U9dHJhbnNhY3Rpb25hbCZ1dG1fbWVkaXVtPWVtYWlsJnV0bV9jYW1wYWlnbj1lbWFpbC1jYXJ0XCIsXCJpZFwiOlwiMTVlYWM2MmMzZGVhNDljMjkzMTdjYWU1NmZiYmM5MDZcIixcInVybF9pZHNcIjpbXCJiZTcwYjg2YTBkYzZmMjg1NDAzZWU0ZjFjYzQ2ZTRjNzYwYmE0ZjhmXCJdfSJ9) Item No: 56-042 Availability: In Stock | | | | Price: Unit: | | C$65.00 Set of 6 | | 1 | C$65.00 |
| [**Gopher Oversized Foam Tennis Balls - Gopher Oversized Foam Tennis Balls**](https://mandrillapp.com/track/click/11020647/www.gophersport.com?p=eyJzIjoieUpZRnc5bGdjLXZpRVA5cm16ZnhpcVBKdmtRIiwidiI6MSwicCI6IntcInVcIjoxMTAyMDY0NyxcInZcIjoxLFwidXJsXCI6XCJodHRwczpcXFwvXFxcL3d3dy5nb3BoZXJzcG9ydC5jb21cXFwvc3BvcnRzXFxcL3Rlbm5pc1xcXC9vdmVyc2l6ZWQtZm9hbS10ZW5uaXMtYmFsbHM_dXRtX3NvdXJjZT10cmFuc2FjdGlvbmFsJnV0bV9tZWRpdW09ZW1haWwmdXRtX2NhbXBhaWduPWVtYWlsLWNhcnRcIixcImlkXCI6XCIxNWVhYzYyYzNkZWE0OWMyOTMxN2NhZTU2ZmJiYzkwNlwiLFwidXJsX2lkc1wiOltcIjU4MGVkM2JjN2M0ODljMWI3ODEyZTVmMjFmOWJmYjhlMTNjODJmZTNcIl19In0) Item No: 41-718 Availability: In Stock Soon | | | | Price: Unit: | | C$18.00 Set of 3 | | 2 | C$36.00 |

**Every Other Rung Run**

Objective: Running with one-foot landing in every other rung

FMS:

* Locomotor
  + Running

Set Up:

* Player stands at the beginning of the ladder.

Instructions:

* Player must run quickly through the ladder with each foot landing in every second rung.

|  |  |  |
| --- | --- | --- |
|  | L1 |  |
|  | R2 |  |
|  | L1 |  |
|  | R2 |  |
|  | L1 |  |
|  | L R |  |
|  |  |  |

**Every Rung Run**

Objective: Running with each foot landing in each rung

FMS:

* Locomotor
  + Running

Set Up:

* Player stands at the beginning of the ladder.

Instructions:

* Player must run quickly through the ladder with each foot landing in every rung.

|  |  |  |
| --- | --- | --- |
|  | L1 R2 |  |
|  | L1 R2 |  |
|  | L1 R2 |  |
|  | L1 R2 |  |
|  | L1 R2 |  |
|  | L R |  |
|  |  |  |

**Tap In**

Objective: Running with left foot outside the ladder and right foot tapping off inside each rung.

FMS:

* Locomotor
  + Running

Set Up:

* Player stands at the beginning of the ladder.

Instructions:

* Player must run quickly through the ladder left foot outside the ladder and right foot tapping off inside each rung.
* Then alternate with other foot in and out

|  |  |  |
| --- | --- | --- |
| L1 | R2 (tap) |  |
| L1 | R2 (tap) |  |
| L1 | R2 (tap) |  |
| L1 | R2 (tap) |  |
| L1 | R2 (tap) |  |
| L R |  |  |
|  |  |  |

**High knee—Every Other Rung**

Objective: Running with left foot outside the ladder and right foot inside every other rung.

FMS:

* Locomotor
  + Running

Set Up:

* Player stands at the beginning of the ladder.

Instructions:

* Player must run quickly through the ladder left foot outside the ladder and right inside every other rung.
* Players try to lift knees as high as possible on non-planted foot.
* Then alternate with other foot in and out

|  |  |  |
| --- | --- | --- |
| L1 |  |  |
|  | R2 |  |
| L1 |  |  |
|  | R2 |  |
| L1 |  |  |
| L R |  |  |
|  |  |  |

**High Knee: Every Rung**

Objective: Running with left foot outside the ladder and right foot inside every rung.

FMS:

* Locomotor
  + Running

Set Up:

* Player stands at the beginning of the ladder.

Instructions:

* Player must run quickly through the ladder left foot outside the ladder and right inside every rung.
* Players try to lift knees as high as possible on non-planted foot.
* Then alternate with other foot in and out

|  |  |
| --- | --- |
| L2 | R1 |
| L2 | R1 |
| L2 | R1 |
| L2 | R1 |
| L2 | R1 |
| L R |  |

**Two-Foot Jump—Every Rung**

Objective: Two-foot jump inside every rung.

FMS:

* Locomotor
  + Jump

Set Up:

* Player stands at the beginning of the ladder.

Instructions:

* Player must jump quickly through every rung of the ladder

|  |  |  |
| --- | --- | --- |
|  | L R |  |
|  | L R |  |
|  | L R |  |
|  | L R |  |
|  | L R |  |
|  | L R |  |

**Two-Foot Jump—Every Other Rung**

Objective: Two-foot jump inside every other rung.

FMS:

* Locomotor
  + Jump

Set Up:

* Player stands at the beginning of the ladder.

Instructions:

* Player must jump quickly through every other rung of the ladder

|  |  |  |
| --- | --- | --- |
|  |  |  |
|  | L R |  |
|  |  |  |
|  | L R |  |
|  |  |  |
|  | L R |  |

**Explosive jumps**

Objective: Two-foot jump inside every third rung.

FMS:

* Locomotor
  + Jump

Set Up:

* Player stands at the beginning of the ladder.

Instructions:

* Player must jump quickly through every third rung of the ladder

|  |  |  |
| --- | --- | --- |
|  | L R |  |
|  |  |  |
|  |  |  |
|  | L R |  |
|  |  |  |
|  |  |  |
|  | L R |  |

**Every Rung Sideways Run**

Objective: Running with one foot landing in each rung going sideways to the right

FMS:

* Locomotor
  + Running

Set Up:

* Player stands at the beginning of the ladder.

Instructions:

* Player must run quickly through the ladder with each foot landing in every rung.
* Repeat in opposite direction.

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  |  |  |  |  |  |  |
| LR | L2 R1 | L2 R1 | L2 R1 | L2 R1 | L2 R1 | L2 R1 |
|  |  |  |  |  |  |  |

**Every Rung Sideways Crossover Run**

Objective: Running with one-foot landing in each rung going sideways to the right with each foot crossing the other

FMS:

* Locomotor
  + Running

Set Up:

* Player stands at the beginning of the ladder.

Instructions:

* Player must run quickly through the ladder with each foot landing in every rung.
* Repeat in opposite direction.

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  |  |  |  |  |  |  |
| LR | L1 R2 | L1 R2 | L1 R2 | L1 R2 | L1 R2 | L1 R2 |
|  |  |  |  |  |  |  |

**Every Other Rung Sideways Run**

Objective: Running with one-foot landing in each rung going sideways to the right with each foot crossing the other, then skip over a rung…

FMS:

* Locomotor
  + Running

Set Up:

* Player stands at the beginning of the ladder.

Instructions:

* Player must run quickly through the ladder with each foot landing in the first rung, then skip over a rung, then land both feet inside a rung, then skip over a rung.
* Repeat in opposite direction.

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  |  |  |  |  |  |  |
| LR | L2 R1 |  | L2 R1 |  | L2 R1 |  |
|  |  |  |  |  |  |  |

**Alternate In and Out Sideways Run**

Objective: Lead foot goes into rung, trail foot goes into rung, lead foot goes out, trail foot goes out, lead foot goes up and into next rung, trail foot goes in…

FMS:

* Locomotor
  + Running

Set Up:

* Player stands at the beginning of the ladder.

Instructions:

* Player must run quickly through the ladder with lead foot goes into rung, trail foot goes into rung, lead foot goes out, trail foot goes out, lead foot goes up and into next rung, trail foot goes in…
* Repeat in opposite direction.

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | L4 R3 | L8 R7 | L4 R3 | L8 R7 | L4 R3 | L8 R7 |
| LR | L2 R1 | L6 R5 | L2 R1 | L6 R5 | L2 R1 | L6 R5 |
|  |  |  |  |  |  |  |

**Hops**

Objective: Powerfully hop with one-foot landing in every other rung

FMS:

* Locomotor
  + Hop

Set Up:

* Player stands at the beginning of the ladder.

Instructions:

* Player must hop powerfully and quickly through the ladder hopping in every rung.
* Then repeat with other single leg

|  |  |  |
| --- | --- | --- |
|  | R |  |
|  | R |  |
|  | R |  |
|  | R |  |
|  | R |  |
|  | L R |  |

**Hop In Out**

Objective: Powerfully hop with one-foot landing in a rung, outside the rung, forward to the next rung…

FMS:

* Locomotor
  + Hop

Set Up:

* Player stands at the beginning of the ladder.

Instructions:

* Player must hop powerfully and quickly through the ladder hopping with one foot landing in a rung, outside the rung, forward to the next rung…
* Then repeat with other single leg

|  |  |  |
| --- | --- | --- |
|  | R9 | R10 |
|  | R7 | R8 |
|  | R5 | R6 |
|  | R3 | R4 |
|  | R1 | R2 |
|  | L R |  |

**In Then Out Jumps**

Objective: Powerfully jump into a rung, then outside the rung, then forward into the next rung…

FMS:

* Locomotor
  + Jump

Set Up:

* Player stands at the beginning of the ladder.

Instructions:

* Player must jump powerfully and quickly through the ladder jumping with both feet into a rung, then outside the rung, then forward into the next rung…

|  |  |  |
| --- | --- | --- |
| L10 | L9 R9 | R10 |
| L8 | L7 R7 | R8 |
| L6 | L5 R5 | R6 |
| L4 | L3 R3 | R4 |
| L2 | L1 R1 | R2 |
| L |  | R |

**High Vertical Jumps**

Objective: Two-foot high vertical jumps inside every rung.

FMS:

* Locomotor
  + Jump

Set Up:

* Player stands at the beginning of the ladder.

Instructions:

* Player must complete high vertical jumps powerfully through every rung of the ladder

|  |  |  |
| --- | --- | --- |
|  | L R |  |
|  | L R |  |
|  | L R |  |
|  | L R |  |
|  | L R |  |
|  | L R |  |

**Three Jumps and Three Runs**

Objective: Powerfully jump in three rungs in a row, then run three rungs, then jump three rungs…

FMS:

* Locomotor
  + Hop
  + Run

Set Up:

* Player stands at the beginning of the ladder.

Instructions:

* Player must jump powerfully and quickly through three rungs in a row, then run three rungs, then jump three rungs…

|  |  |  |
| --- | --- | --- |
|  | R5 |  |
|  | L4 |  |
|  | L3 R3 |  |
|  | L2 R2 |  |
|  | L1 R1 |  |
|  | L R |  |

**Jump In and Out**

Objective: Powerfully jump into the first rung onto left foot, jump out and land on both feet, jump into the next run with right foot…

FMS:

* Locomotor
  + Hop
  + Run

Set Up:

* Player stands at the beginning of the ladder.

Instructions:

* Powerfully jump into the first rung onto left foot, jump out and land on both feet, jump into the next run with right foot…

|  |  |  |
| --- | --- | --- |
| L10 | L9 | R10 |
| L8 | R7 | R8 |
| L6 | L5 | R6 |
| L4 | R3 | R4 |
| L2 | L1 | R2 |
|  | L R |  |

**Boxing Shuffle**

Objective: Two-foot jump inside the first rung, then outside, then into the second rung...

FMS:

* Locomotor
  + Jump

Set Up:

* Player stands at the beginning of the ladder.

Instructions:

* Player must jump quickly up into the first rung, jump out with feet close together, jump in one rung up…

|  |  |  |
| --- | --- | --- |
|  | LR9 | LR10 |
|  | LR7 | LR8 |
|  | LR5 | LR6 |
|  | LR3 | LR4 |
|  | LR1 | LR2 |
|  | LR |  |

**Slalom Skiing**

Objective: Two-foot jump from one side to the next rung and the other side...

FMS:

* Locomotor
  + Jump

Set Up:

* Player stands with one foot in and the other out of the first rung.

Instructions:

* The player jumps to the other side and up one rung with one foot in and one foot out, then jump to the other side and up with one foot in and one foot out….

|  |  |  |
| --- | --- | --- |
|  | L | R5 |
| L | R4 |  |
|  | L | R3 |
| L | R2 |  |
|  | L | R1 |
|  |  |  |

**Downhill Skiing**

Objective: Two-foot jump from one side, into the next rung, outside that rung, inside the next rung, outside that rung…

FMS:

* Locomotor
  + Jump

Set Up:

* Player stands with both feet beside the first rung.

Instructions:

* The player jumps from one side, into the next rung, outside that rung, inside the next rung, outside that rung…

|  |  |  |
| --- | --- | --- |
|  | LR8 | LR9 |
| LR7 | LR6 |  |
|  | LR4 | LR5 |
| LR3 | LR2 |  |
|  |  | LR1 |
|  | LR |  |

**180s**

Objective: Complete a series of 180 degree jump turns.

FMS:

* Locomotor
  + Jump

Set Up:

* Player straddle the side of the ladder with one foot inside and one foot outside first rung facing backwards to planned direction.

Instructions:

* Players jump and do a 180 degree left turn and land in the same square facing forward.
* Then jump and do a 180 degree right turn and land in the starting position but one rung up…

|  |  |  |
| --- | --- | --- |
| L9  R8 | R9  L8 |  |
| L7  R6 | R7  L6 |  |
| L5  R4 | R5  L4 |  |
| L3  R2 | R3  L2 |  |
| L1  R | R1  L |  |
|  |  |  |

**In Outs**

Objective: Two-foot jump from inside and outside the ladder.

FMS:

* Locomotor
  + Jump

Set Up:

* Player stands with both feet beside the first rung facing the side.

Instructions:

* Two-foot jump from inside rung, outside the rung, inside the next rung, outside the rung…

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | LR1 | LR3 | LR5 | LR7 | LR9 | LR11 |
|  | LR | LR2 | LR4 | LR6 | LR8 | LR10 |
|  |  |  |  |  |  |  |

**In In Out**

Objective: Two-foot jump from inside ladder (two times) and outside the ladder.

FMS:

* Locomotor
  + Jump

Set Up:

* Player stands with both feet beside the first rung facing the side.

Instructions:

* Two-foot jump from inside and inside rung, to outside the rung, to double inside the next rung, to outside the rung…

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | LR2 | LR5 | LR8 | LR11 | LR14 | LR17 |
|  | LR1  LR | LR4  LR3 | LR7  LR6 | LR10  LR9 | LR13  LR12 | LR16  LR15 |

**In In Out Out**

Objective: Two-foot jump from inside ladder (two times) and outside the ladder (two times).

FMS:

* Locomotor
  + Jump

Set Up:

* Player stands with both feet beside the first rung facing the side.

Instructions:

* Powerful two-foot jump from inside and inside rung, to outside and outside the rung, to double inside the next rung, to double outside the rung…

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
|  | LR3  LR2 | LR7  LR6 | LR11  LR10 | LR15  LR14 | LR19  LR18 | LR23  LR22 |
|  | LR1  LR | LR4  LR5 | LR8  LR9 | LR12  LR13 | LR16  LR17 | LR21  LR20 |