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After you become familiar with the moves, you'll quickly become ready for more advanced drills, like the Double Trouble, Ickey Shuffle and Carioca. Artis' Agility Ladder Drill Workout Artis, who was a three-year letterman at Campbell University playing wide receiver and tight end, suggests performing some sort of dynamic and static flexibility warmup before taking on this ladder drill in order to get the body warmed up for the movements. As far as O-line, D-line and different positions, it's useful as well. Avoid hopping by stepping first with the lead foot, while pushing off of your back foot. Once you have completed this drill, repeat by switching the lead foot. 4. As you are learning, slowly use the 3 count in your head: "1, 2, 3." Only one foot will touch each box, alternating that leg each time. To create good habits in any sport, you have to have good feet — slow feet don't eat." He was a three-year letterman at Campbell, playing receiver before transitioning to tight end his last two seasons. Once you have finished, repeat facing the other direction. ICKEY SHUFFLEThis drill is fairly advanced, but can be broken down into a simple 3 step count that goes: "In, Out, and Up." The foot that is in the ladder will move up to the next box as you push off of the foot that is outside of the ladder. 5. 2. Both feet will touch every square of the entire ladder. Artis says anyone beginning to incorporate the agility ladder into their routine should start out simple and then attack their progression. Remember, any drill that is facing sideways needs to be done facing both directions.Single Leg ShuffleThe Single Leg Shuffle requires fast and precise footwork, really firing up the nervous system. Like with anything you're working to be good at, repetition is key, Artis says. This might mean walking through the steps until you know the routine. River DanceFollow a 3 step pattern that goes: "In, Behind, & Out." Start from the side of the ladder and step into the first box with your near foot, then reach behind and all the way across with your second foot, landing out on the opposite side of the ladder. 1. "For the wide receiver position, it's very key and beneficial for footwork because at the line of scrimmage, you have to use your feet a lot. Single-leg hop (down and back with both feet counts as one rep) How to do it: While facing the ladder, while balancing on your right or left foot, hop into each rung until you reach the end. If you're new to these movements, start out at your own pace. It is important that you step over the foot of the lead leg without swinging out in front of your body. Remember, go as fast as you can under control. Keep your hips square for the entire drill and with quick, light steps, reach in and out of every box with just your inside foot. Double-leg Hop How to do it: While facing sideways, hop into each square on both feet until you reach the end. You will touch each box with both feet and be sure not to hop; we are working on quick, precise movements in multiple directions. It is very important to land with both feet on the fifth hop before taking off and to go as fast as you can under control.CrossoverCrossover is a sideways run with one foot touching in each box. 3. With both feet, quickly hop five boxes and on the fifth box, land with both feet and immediately transition into one step in each box for the remainder of the ladder. Again, use the 3 count in your head: "In, Behind, Out" or "1, 2, 3." Until you have memorized the pattern, do not increase your speed. When the right foot crosses, the left arm rotates the opposite direction.Coaching Q: Rotate the hips to the front and the back foot in each box.In & Out Start by facing the side of ladder with two feet touching in and out from the side of each box, following a 4 count of "In, In, Out, Out." Whichever direction you are going determines your lead leg; if you are going right, your right leg will be your lead leg and vice versa. If you are learning this drill for the first time, be sure to move slowly and use the 3 count in your head: "In, Out, Up" or "1, 2, 3." Get the steps down before increasing your speed or adding any variations. Never go so fast that you lose control, even if this means walking through the drill to learn the steps.Back & ForthThis drill is advanced, but can be broken down into three total steps that go: "One In, Two Out," which is repeated in a backpedal: "One In, Two Out". Keep a forward lean with your weight over your toes to use your body weight to pull you through the ladder. Side StepStart facing sideways, and with a quick lateral step, touch in each box with both feet. Work to gradually increase the rate of speed at which you hop in and out of each box. CariocaPattern: Crossover, Return, Behind.Repeat: This is a lateral drill, so make sure that you repeat facing each direction: once to the left, once to the right. Arms: Arms are bent at about 90 degrees and are used to rotate the upper body in the opposite direction of the lower body. Lean toward the direction you are going to help propel yourself forward. For an added challenge, you can try hopping back backwards on the foot you started with for one set of reps and going down and back the same way on the opposite foot. You can even use these drills as the buildup to your regular workout or as a finisher to really test your endurance. "The ladder drills add a lot of components, such as quick feet, change of direction and explosion," says Artis, who prior to joining the Bull, spent three seasons at the University of Tennessee, his final year as director of football sports and performance. When you reach the end, hop back in each square on the opposite foot until you reach the end. With implementing simple and then challenging drills into your program two to three times a week, you'll see steady progression. Just like all drills facing sideways, it is important to repeat facing the other direction.ContipedeThe centipede simulates this by moving along the side of the ladder following a 3 count of "2 in, 2 over, 2 out". These Agility Ladder drills show how the ladder is the most effective tool for training footwork & quickness. Learn the pattern before increasing your speed, and then go as fast as you can under control. You're taking two steps in each rung and two steps outside every rung. Lateral Double-leg Hop How to do it: While position with the ladder at your right or left side, hop into each square until you reach the end and then hop back the opposite way. It's why he recommends incorporating ladder drills to your workout routine in order to boost your footwork skills, as well as improve mobility and quickness. Facing forward, you are going to move along the side of the ladder, touching each box with your inside foot, while your outside foot keeps pace. The third step is important because it transitions into the first step of next count. While facing the ladder, begin by stepping into the first rung with your right leg, then left leg, then step outside of the next rung, leading with the foot you started with. Incorporating agility ladder drills could be the trick, even if they seem intimidating after watching top athletes show off their elite footwork. The Workout: Perform each exercise for 6 to 10 reps. For a more explosive variation, jump as high as you can and focus on landing in an athletic stance. Double In & Out Lateral How to do it: This one is a little more on the advanced side but a good test. It is important to go slow on patterns until you are familiar with them, then increase your speed as much as you can without losing control. Again, whichever direction you are going will be your lead leg. Single-leg Lateral Hop (down and back with both feet counts as one rep) How to do it: While positioned with the ladder at your right or left side and balancing on your right or left foot, hop into each square until you reach the end and return on the same foot, switching to the other foot for the next trip. Here are the drills and links with descriptions further below. 1 Step is a quick and light run through the ladder with one foot in each box, picking your feet up just enough to get over each stick. However, AJ Artis, the University of South Florida's director of football strength and conditioning, believes the quick movements of footwork drills can help athletes of all sports and fitness levels. These training videos were filmed in slow-mo to give detailed instruction. Even for the non-athletic type, agility ladder drills can help improve mental performance as well as their overall fitness and coordination because the drills require quick thinking and processing visual information. The focus should be on proper technique and coordination rather than speed. Once you have finished the drill, repeat on the other side of the ladder using your other foot to touch each square. Double TroubleDouble Trouble is a fast ladder drill that really fires up the nervous system. When you have finished, repeat facing the other direction to get equal work on both sides.5 Hops & Run5 Hops and Run helps develop a quick change. This drill involves a 4 count that goes, "In, In, Out, Out." Starting at the end of the ladder, step in with the lead foot, in with the other foot, out with the lead foot, and out with the other foot. Once you have completed this drill, repeat facing the other direction.Side Straddle HopSide Straddle Hop develops explosive lateral movements by hopping in and out of each box with a simple two count of: "In Out, In Out." Avoid clapping your feet when bringing them together and keep your arms at a 90-degree angle. No matter the sport or activity, we all strive in some way to become faster, more agile, and have better coordination. Arms are at 90 degrees and only moving at about a quarter of the swing you would use with a full sprint. Be light on your feet when you are pushing backward and then use a quick jab step to get out of the backpedal.

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