



Like A Cat

1. Ladder Exercises

☐ Agility ☐ Coordination ☐ Balance ☐ Speed ☐ Reaction Time

2. Beserk

☐ Agility ☐ Coordination ☐ Balance ☐ Speed ☐ Reaction Time

3. Double Trouble

☐ Agility ☐ Coordination ☐ Balance ☐ Speed ☐ Reaction Time

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1. Ladder Exercises:

See Sport Medicine and Science Council of Saskatchewan Handout for examples

2. Beserk

Find as many ball of assorted sizes that you can. Throw them on the gym floor. The object of the activity is for the class to keep all the balls moving. They can only use their feet.

3. Double Trouble

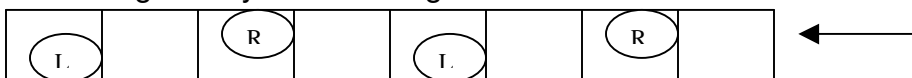
Pair up students and have one hold two reaction balls and toss them at the same time. The goal of the partner is to catch both balls at the same time, preferably one in each hand!



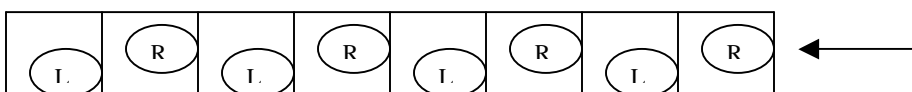
Ladder Skipping - Training for Quickness and Explosiveness

This requires a rope ladder with narrow wooden or plastic rungs 20 inches apart. The ladder can be anywhere from 12-20 yards long. Skipping should be done as quickly as possible and still maintain the proper footwork.

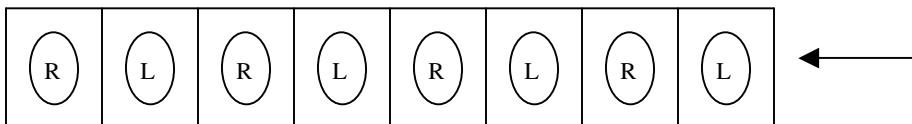
1. Run through every second rung.



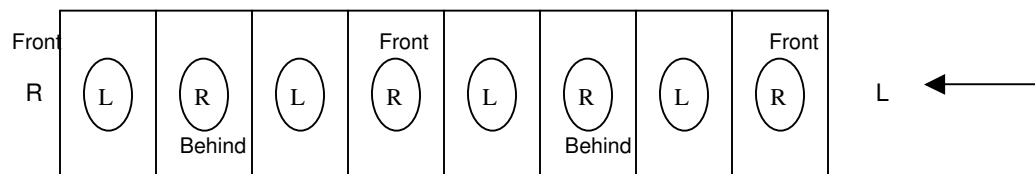
2. Run through every rung.



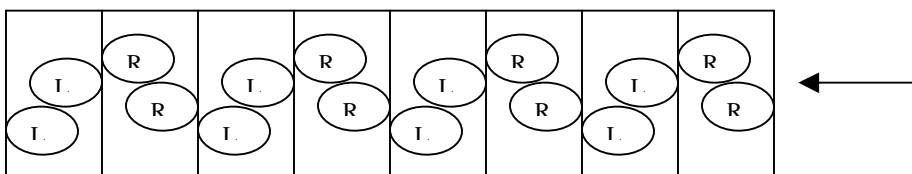
3. Side across – foot in front – move sideways through rungs crossing with one foot in front of the other.



4. Carioca – move sideways through the rungs with carioca footwork.



5. Skip
 1. Skip through slowly.
 2. Skip through fast.

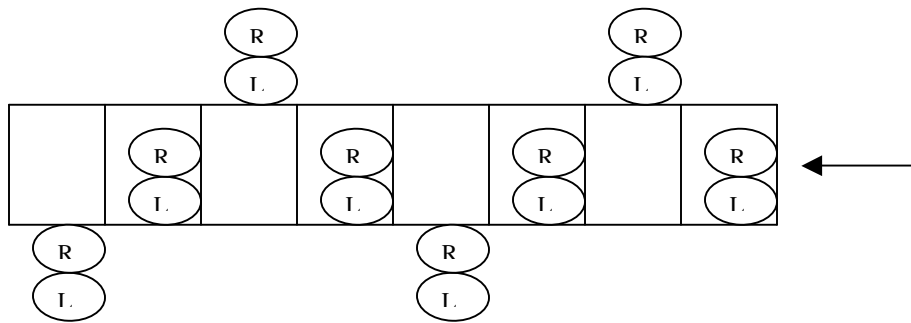


6. Explosive Skip – high knees, strong arm action

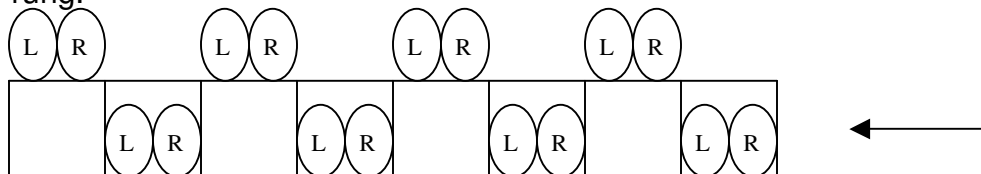
Same as 5, but explosive.



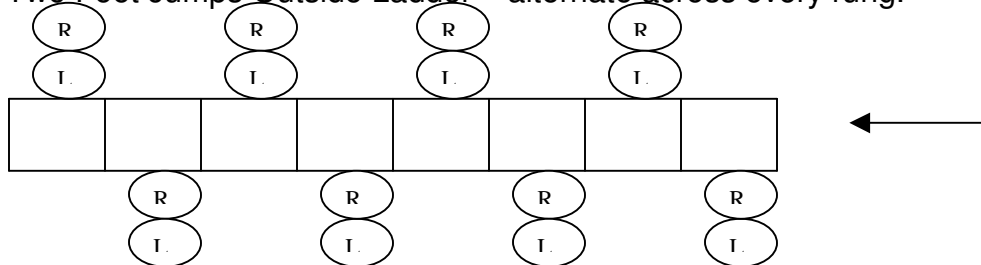
7. Two Foot Jumps – feet alternate outside and inside rungs of ladder.



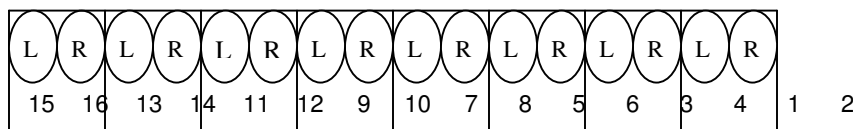
8. Lateral 2 Foot Jumps – stay low and tight – move sideways jumping in and out every 2nd rung.



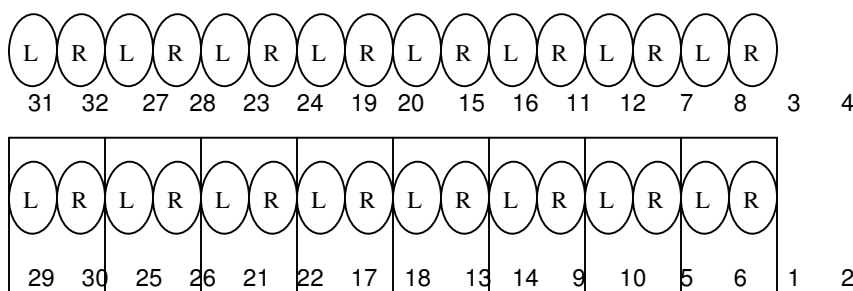
9. Two Foot Jumps Outside Ladder – alternate across every rung.



10. Lateral Shuffle – move sideways through ladder one foot at a time – both feet must touch every rung.



11. Alternating Lateral Shuffle – move sideways through the ladder one step at a time – alternate stepping both feet outside, both feet inside every rung.



12. Two Feet In, One Foot Out – move forward through the ladder one step at a time using 2 feet in and 1 foot out – alternating out on both sides of the ladder.

