SAQ Ladder Work

For speed, Agility, Quickness and Fitness

WARM UP
Before starting the exercise it is essential to warm up to prevent injury.

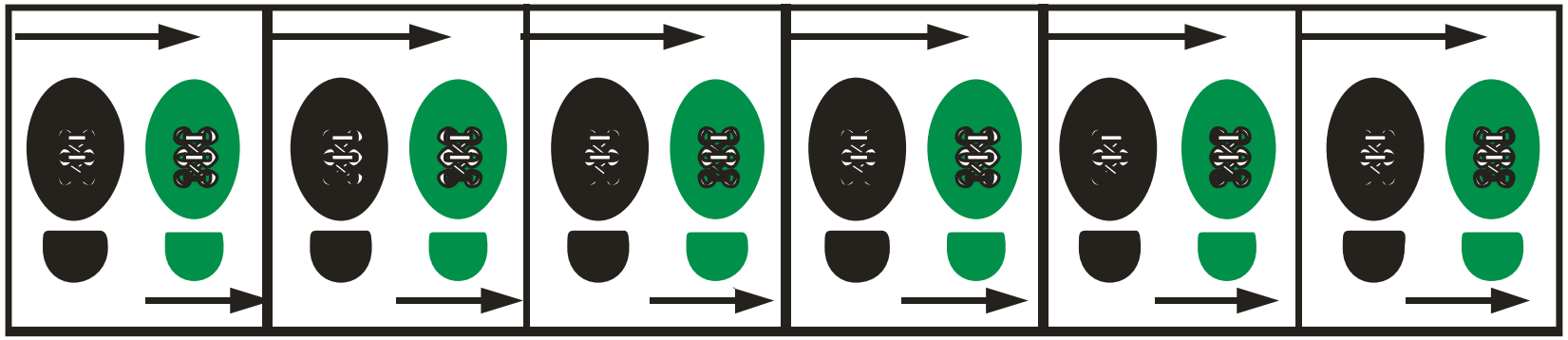
Jog slowly on the spot for 5 minutes then jog faster for 5 minutes.

AIM
To develop fast feet with precision and power.

AREA/EQUIPMENT
Indoor or outdoor area, ladder or anything to make lines to space out the spaces

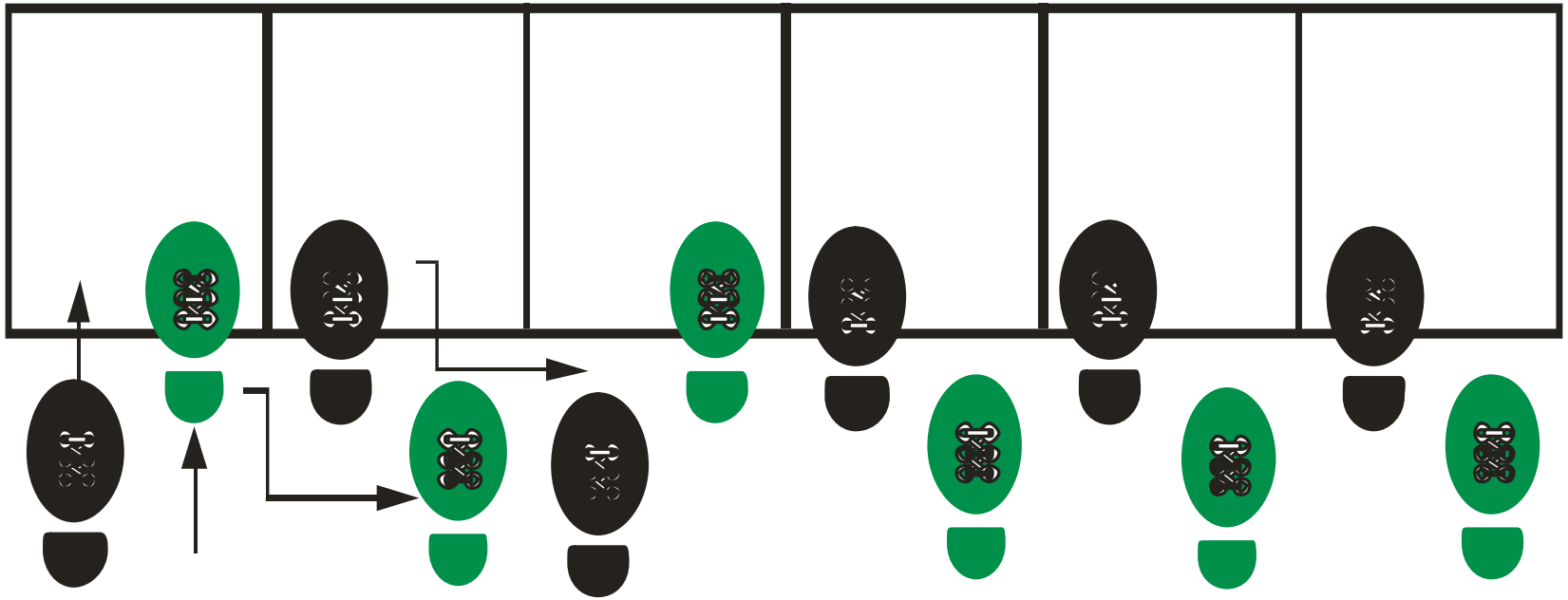
KEY POINTS
.Maintain correct running mechanics
.Start slowly and increase speed gradually
.Maintain a upright posture
.Try to develop a rhythm
.Look for quality not quantity

SETS AND REPS
3 Sets of 4 reps with 1 minute’s recovery between each set.



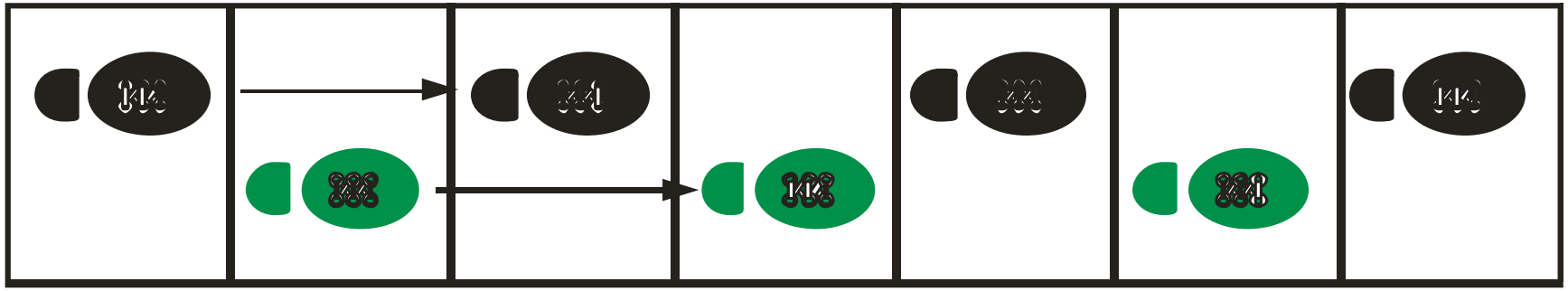
LATERAL STEP

Stand side on, step with the right foot then follow with the left foot, repeat.

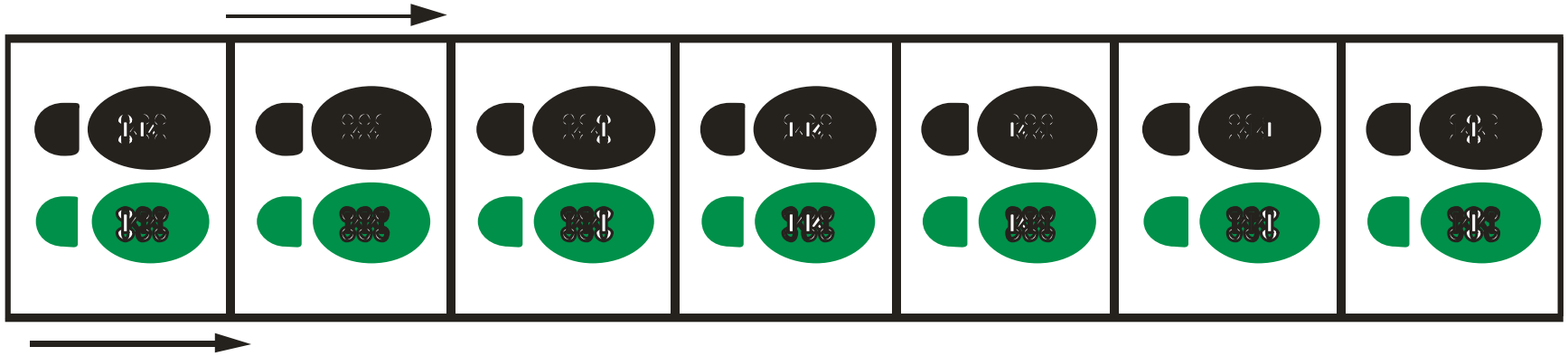


THE RIVER DANCE

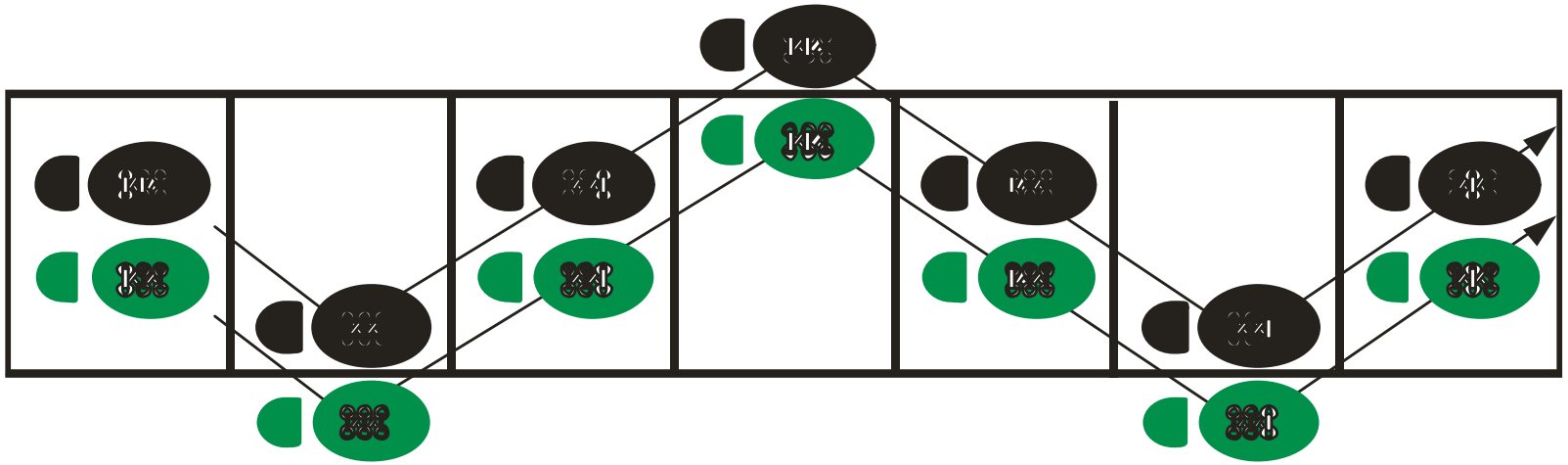
Step forward and back, moving feet in quick successions, as you move backward you also need to move sideways along the space.



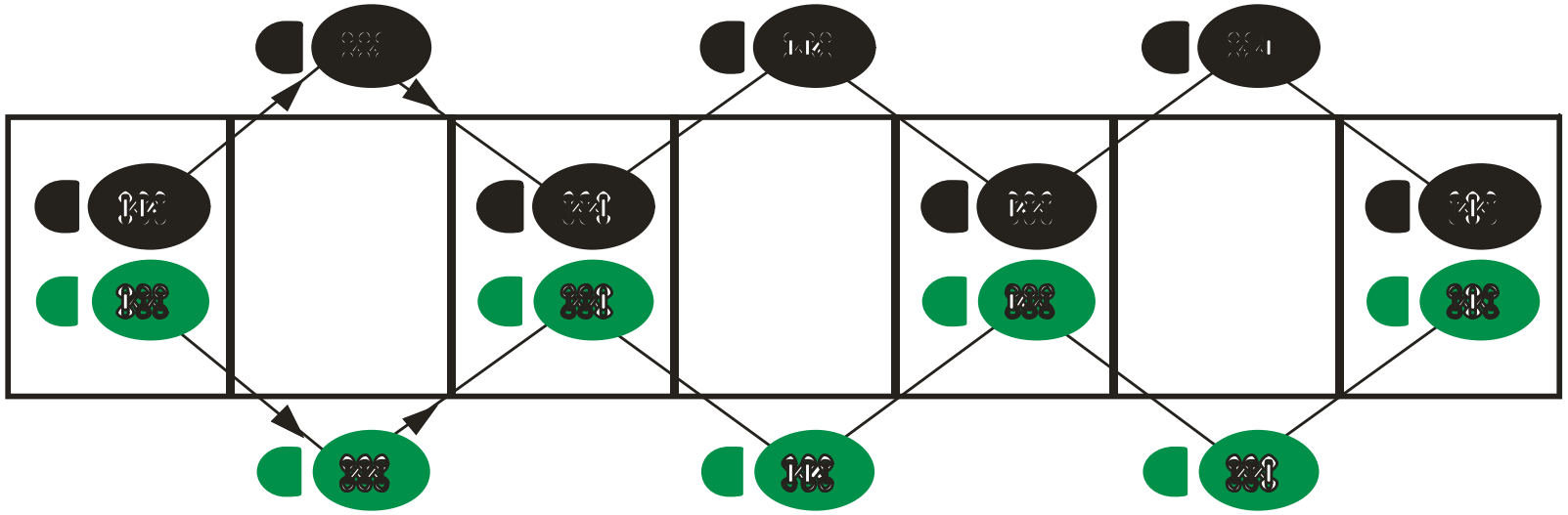
SINGLE FOOT RUN
Step quickly one foot only in each of the spaces.



DOUBLE FOOT RUN
Step forward with your left foot, then step bringing your right foot forward into the same space, repeat



THE ICKY SHUFFLE
Move forward/diagonal and out with your right foot, placing your left foot into the space, then step back into the space with both feet. Then step out the other size with the left foot with the right foot in the space.



HOPSCOTCH
Start with your feet together jump forward and out, then back in, repeat.