

Agility Ladder Giveaway



As part of the HeadsUP Pittsburgh program, all participants who are baseline tested by UPMC Sports Medicine will receive an agility ladder courtesy of the Pittsburgh Penguins Foundation.

Agility Ladder Instructions

- Drills performed on the agility ladder are designed to improve speed, coordination, balance, and agility.
- Start at a slow pace and gradually try to increase speed, focusing performing each pattern correctly as you master each movement.
- Assure you warm-up and stretch prior to use.
- Walk through each pattern/exercise before performing.
- While using the agility ladder, try to remain on your toes and avoid “flat-footed” movements.

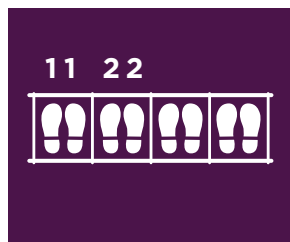
Precautions

- The agility ladder is NOT a toy.
- It is not a true ladder and should not be used for climbing.
- Wear well-fitting athletic footwear which are tied appropriately.
- Open toe/heel shoes and/or bare feet are not recommended.

Agility Ladder Drills

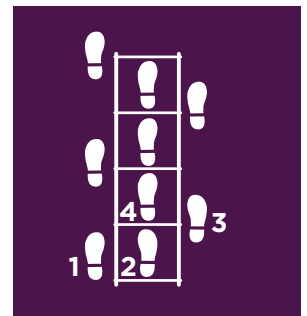
Double Leg Lateral Hop

- While standing in the first square, keep your knees and feet together throughout the drill.
- Jump laterally into the second square, staying on your toes.
- Continue hopping, keeping both feet together until you get to the end of the ladder.
- Reverse direction and return to the start.



Zigzag Pattern - Single or Double Leg

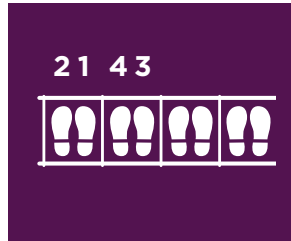
- Remain on your left leg throughout the entire drill.
- Balancing on your left leg at the bottom-left side of the ladder, hop diagonally-up to your right into the first square.
- Hop diagonally-up to your right again out of the first square. You will be between the first and second squares of the ladder on the right-hand side.
- Continue the pattern to your left, moving in a zigzag pattern up the ladder, remaining on your left leg until you reach the top.
- Once finished, complete the drill on your right and then with both legs using the same pattern/technique.



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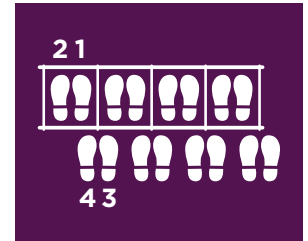
Lateral Shuffle

- Throughout this drill, you will face forward and always move laterally (sideways).
- Step into first square with right foot, then follow with your left foot.
- Step to the second square with your right foot and follow with your left foot again.
- Progress to the end of the ladder, reverse direction, and return to the starting position, leading with your left foot on the way back.



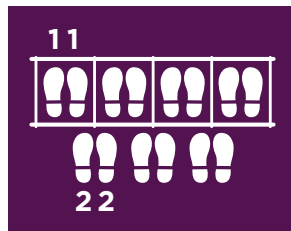
Forward/Backward Speed Steps

- Start by facing first square in line with the first rung of the ladder. Step forward and to your right into the first square with your right foot and then with your left foot.
- Step backward and to the right with your right foot so you are in line with the second rung of the ladder and follow with your left foot.
- Continue progressing laterally until you reach the end of the ladder.
- Return to the starting position, leading with your left foot first on the way back.



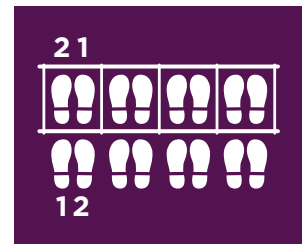
Forward/Backward Zigzag - Double Leg

- Starting with both feet in the first square, jump backward and to your right on both feet until you're outside the ladder between the first and second squares.
- Then jump forward and to your right into the second square landing with both feet.
- Continue the pattern to the end of the ladder, and then return to the starting position.



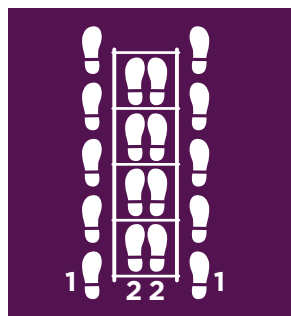
Lateral Alternating Scissor Shuffle

- Begin with your right foot in the first square and your left foot in line with the first rung outside of the ladder.
- While jumping to your right, switching your foot position, landing with your left foot in the first square and your right foot in line with the second rung of the ladder.
- Continue alternating your feet as you progress down the ladder to your right.
- Once complete, return to the starting position, leading with your left foot on the way back.



Wide and Narrow

- Begin with both feet straddling the ladder at the bottom of the ladder- Jump with both feet into first square.
- Now jump with both feet back out of the first square so that you are again straddling ladder between the first and second square.
- Continue progressing "in" and "out" to the end of the ladder, turn around and return to the starting position.



For more information about HeadsUP Pittsburgh concussion baseline testing, visit UPMC.com/HeadsUP. To learn more about the Pittsburgh Penguins Foundation, visit PittsburghPenguinsFoundation.org.