Agility Drills

1 Foot In Each:
Start behind the ladder facing down it. Lead with either foot stepping 1 foot per square.

2 Feet in Each:
Start behind the ladder facing down it. Step with either foot into the 1st square, followed by the second foot into the same square. Make sure to alternate between leading foot at the start of each repetition.

1 In Lateral
Start by facing to the side with one foot in and one foot out. Lead with the foot that is in the ladder and step into the next square. Follow with the trail leg by placing that foot into the first square. Repeat the exercise leading with the other foot.

2 In Lateral
Start by facing to the side with both feet outside the ladder. Step into the first square with the closest foot, followed by the second foot. Repeat the exercise leading with the other foot.
**In In, Out Out**

Start by facing the ladder from the side. Step with the inside foot (foot on the long side of the ladder) into the first square followed by the second foot. Step back out with the inside foot to the side of the second square followed by the other foot. Repeat the exercise leading with the other foot.

**Ickey Shuffle**

Start by facing down ladder and to the side. Using a 1-2-3 rhythm, step into the first square with the inside foot, followed by the outside foot. Next, step to the outside of the second square with the lead foot. Now step into the second square with the trail foot. Step with the lead foot into square two. Repeat the exercise leading with the other foot.

**Wide 2 Feet Lateral Hops No.1**

**Wide 2 Feet Lateral Hops No. 2**
THE SCOTS COLLEGE CRICKET PROGRAM
Agility Program

Zig Zag Pattern No. 1

Zig Zag Pattern No. 2

1 Leg Side to Side Hops No. 2