

AGILITY  
BALANCE  
&  
COORDINATION  
TRAINING LADDER

BY: TRAIN TO PLAY

CONGRATULATIONS! YOU NOW OWN ONE OF THE FINEST, MOST VERSATILE ATHLETIC TRAINING TOOLS EVER MADE—AND FAR AND AWAY THE MOST USER-FRIENDLY OF ITS KIND. THE ABC TRAINING LADDER BY TRAIN TO PLAY WILL LEAD YOU TO SURPRISINGLY FAST IMPROVEMENTS IN YOUR ABILITY TO MOVE LIKE AN ATHLETE: WITH QUICKNESS, AGILITY, BALANCE, COORDINATION AND CONTROL. TAKE A FEW MOMENTS TO LEARN HOW EASY THE ABC TRAINING LADDER IS TO LAY-OUT AND PICK-UP; THEN GET READY TO HAVE FUN LEARNING SOME OF THE DRILLS THAT WILL BECOME A REGULAR PART OF YOUR ROUTINE WHENEVER YOU TRAIN TO PLAY!

OKAY: HERE'S HOW YOU SET THE LADDER OUT:

- 1) PULL OUT THE PIN HOLDING THE LADDER RUNGS ON THE SPINDLE AND PUT IT IN THE OTHER HOLE IN THE BACK OF THE HANDLE FOR SAFE KEEPING;
- 2) LET THE FIRST ONE OR TWO RUNGS FALL OFF THE SPINDLE TO THE GROUND;
- 3) NOW: WALK BACK LETTING THE RUNGS FALL AS YOU GO. A QUICK PULL AT THE FINISH WILL LEAVE YOUR LADDER STRAIGHTENED AND READY TO USE.

AND: TO PICK THE LADDER UP, JUST REVERSE THE PROCESS: PICK UP THE LAST RUNG AND SLIDE THE SPINDLE THROUGH THE CENTER SLOT; THEN JUST WALK DOWN TOWARD THE BEGINNING OF THE LADDER ADDING THE RUNGS TO THE SPINDLE AS YOU GO. WHEN ALL THE RUNGS ARE ON THE SPINDLE, PULL THE RETAINING PIN FROM THE KEEPER HOLE AND REPLACE IT AT THE END OF THE SPINDLE.

NOTICE: THE ABC TRAINING LADDER HAS SNAPS IN THE MIDDLE SECTION OF RUNGS. THIS ALLOWS FOR MANY DIFFERENT CONFIGURATIONS OF THE LADDER, FROM TWO, SHORT LADDERS (SEPARATED), TO ANGLED CONFIGURATIONS. ALL YOU DO TO REARRANGE THE LADDER IN (SAY) A NINETY-DEGREE ANGLE IS UNSNAP THE LADDER ON BOTH SIDES; RE-SNAP THE LADDER USING EITHER OF THE ALTERNATE SNAPS (LOCATED NEAR THE NEXT RUNG); AND PIVOT THE LADDER AT THE SNAP UNTIL YOU ACHIEVE A SQUARED ANGLE. NOW YOU CAN COMBINE LATERAL, AND FORWARD AND BACKWARD MOVEMENTS IN A SINGLE DRILL.

## USING THE ABC TRAINING LADDER

THE ABC TRAINING LADDER CAN BE USED ON NEARLY ANY SURFACE (GRASS; SAND; SYNTHETIC TURF; GYMNASIUM FLOORS, ETC.). THE GOAL IS FAST, QUIET FOOTSTEPS (YOU DON'T WANT TO SOUND LIKE A JACK-HAMMER!). KEEP YOUR FEET LOW TO THE GROUND AND REMEMBER TO RELAX AND USE YOUR UPPER BODY AS WELL AS YOUR LEGS AS YOU WILL BE QUICKER, FASTER, AND BETTER BALANCED IF YOU INVOLVE YOUR TORSO AND ARMS IN THESE MOVEMENTS.

NOTE: BE SURE TO WEAR GOOD ATHLETIC TRAINING SHOES DESIGNED FOR STABILIZATION AND SUPPORT DURING LATERAL MOVEMENTS AND CUTTING. RUNNING SHOES ARE NOT RECOMMENDED FOR USE WITH THE ABC TRAINING LADDER AS THEY DO NOT AFFORD SUFFICIENT LATERAL SUPPORT.

### DRILLS:

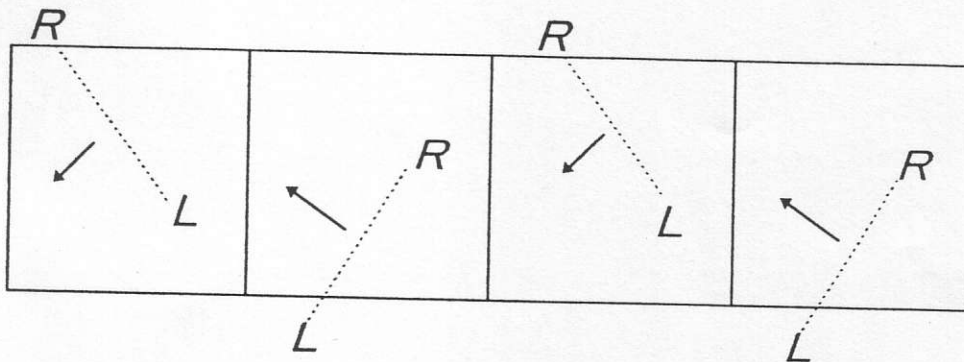
HERE ARE SEVERAL DRILLS TO GET YOU STARTED; YOU WILL DISCOVER DOZENS OF OTHERS JUST BY LETTING YOUR IMAGINATION WORK. KEEP THE MOVEMENTS OF YOUR PRIMARY SPORT(S) IN MIND AS YOU LEARN THESE FIRST FEW DRILLS AND YOU WILL BE ON YOUR WAY TO CREATING DRILLS THAT ARE FUNCTIONALLY BENEFICIAL FOR YOU.

### BASIC / INTERMEDIATE SEQUENCE:

- 1) FORWARD 1-IN: STAND, FACING THE LADDER; MOVE FORWARD THROUGH THE RUNGS PLACING ONLY ONE FOOT IN EACH OF THE SPACES CREATED BY THE RUNGS.
- 2) FORWARD 2-IN: STAND, FACING THE LADDER; MOVE FORWARD THROUGH THE RUNGS PLACING BOTH FEET IN EACH SPACE AS YOU GO. TRY THE DRILL WITH A LEFT AND RIGHT-FOOT LEAD-STEP.
- 3) LATERAL 2-IN: STAND WITH YOUR LEFT SHOULDER TO THE LADDER'S END; LEADING WITH YOUR LEFT FOOT, MOVE Laterally THROUGH THE RUNGS PLACING BOTH FEET IN EACH SPACE AS YOU GO. (REMEMBER: THE LEFT FOOT IS ALWAYS THE LEAD FOOT.) REPEAT THIS DRILL LEADING WITH YOUR RIGHT SHOULDER AND FOOT.
- 4) LATERAL CROSS-STEP: STAND WITH YOUR LEFT SHOULDER TO THE LADDER'S END; LEADING WITH YOUR RIGHT FOOT, CROSS OVER YOUR LEFT FOOT AND STEP INTO THE FIRST SPACE OF THE LADDER; ADVANCE YOUR LEFT FOOT TO THE SECOND SPACE, AND THEN CROSS YOUR RIGHT (AGAIN) INTO THE THIRD AND SO ON DOWN THE LENGTH OF THE LADDER. YOU WILL ALWAYS CROSS THE RIGHT FOOT OVER (IN FRONT!) THE LEFT. REPEAT THE DRILL WITH A RIGHT SHOULDER AND FOOT LEAD. NOW YOU WILL BE CROSSING THE LEFT FOOT OVER THE RIGHT.
- 5) FORWARD SLALOM-JUMPS: FACING THE LADDER, PLACE ONE FOOT IN THE FIRST SPACE, WITH THE OTHER FOOT PARALLEL, BUT OUTSIDE THE LADDER SPACE; NOW: JUMP BOTH YOUR FEET AT ONCE TO LAND STRADDLING THE SIDE OF THE LADDER ON THE OTHER SIDE OF THE NEXT SPACE. THE FOOT THAT BEGAN OUTSIDE THE FIRST SPACE IS NOW INSIDE THE SECOND, AND THE FOOT THAT BEGAN INSIDE THE FIRST SPACE IS NOW OUTSIDE THE SECOND. CONTINUE JUMPING DOWN THE LENGTH OF THE LADDER CHANGING SIDES EACH TIME.

### INTERMEDIATE / ADVANCED SEQUENCE:

6) **BACKWARD SLALOM JUMPS:** THIS IS THE SAME DRILL AS #5 BUT IN REVERSE. YOU ARE STRADDLING ALTERNATE SIDES OF THE LADDER AS YOU JUMP BACKWARDS DOWN ITS LENGTH. MOVING BACKWARDS, WELL, IS A DIFFICULT, BUT IMPORTANT, ATHLETIC SKILL. YOU'LL FIND THIS DRILL EASIER IF YOU ALWAYS TURN YOUR HIPS WHILE YOU JUMP SO THAT YOU ALWAYS LAND AT ABOUT A 45° ANGLE TO THE LADDER FACING SLIGHTLY INWARD. THIS MEANS HAVING YOUR LADDER FOOT (THE FOOT INSIDE THE LADDER) FARTHER DOWN THE LADDER'S LENGTH THAN THE OUTSIDE FOOT. ROTATE YOUR HIPS WITH EACH JUMP AND YOU WILL FIND THE LADDER SPACES OPENING UP TO YOUR NEXT FOOT-FALL. (NOTE: THE DOTTED LINES INDICATE THE ANGLE OF YOUR HIPS TO THE LADDER, WHILE THE ARROWS INDICATE THE DIRECTION YOU ARE FACING AT THE CONCLUSION OF EACH JUMP.)



7) **FORWARD SHUFFLE:** THIS IS A THREE-COUNT RHYTHM (A WALTZ!); STAND ON THE LEFT SIDE OF THE LADDER, FACING DOWN ITS LENGTH; NOW: STEP INTO THE FIRST SPACE WITH YOUR RIGHT (INSIDE) FOOT; THEN YOUR LEFT FOOT; THEN OUT WITH YOUR RIGHT FOOT (DON'T PUT YOUR LEFT-FOOT DOWN YET!); STEP INTO THE SECOND SPACE WITH YOUR LEFT FOOT, THEN RIGHT FOOT, THEN OUT WITH YOUR LEFT FOOT. THIS DRILL IS EASIER IF YOU CALL THE STEPS OUT AS YOU GO: "IN-IN-OUT, IN-IN-OUT," AND SO ON.

8) **BACKWARD SHUFFLE:** THIS IS THE SAME DRILL AS ABOVE, BUT IN REVERSE. AGAIN, LIKE THE BACKWARD SLALOM-JUMP, ANGLING YOUR HIPS SO THAT YOUR LEAD SIDE IS ALWAYS SLIGHTLY FARTHER ALONG THE LADDER MAKE THIS DRILL MUCH EASIER AS THIS LITTLE HIP-TURN OPENS THE SPACES UP TO YOU AS YOU GO.

9) **FORWARD CROSS-STEPS:** THIS IS ALSO A 3-COUNT (WALTZ-TIME) DRILL, BUT THIS TIME YOU STEP INTO THE LADDER SPACES WITH YOUR OUTSIDE FOOT. SO: BEGINNING ON THE LEFT SIDE OF THE LADDER, FACING DOWN ITS LENGTH, YOU CROSS YOUR LEFT FOOT OVER YOUR RIGHT AND INTO THE FIRST LADDER SPACE; THEN STEP ACROSS TO THE OUTSIDE OF THE LADDER WITH YOUR RIGHT FOOT AND LEFT FOOT; NOW YOU ARE ON THE OPPOSITE SIDE OF THE LADDER AND YOU STEP YOUR RIGHT FOOT ACROSS YOUR LEFT TO ENTER THE SECOND SPACE, THEN OUT WITH BOTH FEET, AGAIN, AND SO ON. REMEMBER: THE DRILL IS EASIER TO LEARN IF YOU CALL THE RHYTHM REMINDERS OUT AS YOU GO. HERE, THE CALL IS: "CROSS-OUT-OUT, CROSS-OUT-OUT..."

10) **LATERAL LEFT-IN:** STAND ON THE RIGHT SIDE OF THE LADDER (AS YOU FACE DOWN ITS LENGTH) AND THEN TURN YOUR RIGHT SHOULDER TOWARD THE FAR END. PUT YOUR LEFT FOOT IN THE FIRST SPACE AND YOUR RIGHT FOOT ACROSS THE LADDER TO LAND OUTSIDE (ON TOP OF) THE SECOND SPACE; STEP YOUR LEFT FOOT INTO THE SECOND SPACE AND YOUR RIGHT FOOT ACROSS THE LADDER TO LAND OUTSIDE (BEHIND) THE THIRD SPACE. YOUR LEFT FOOT ALWAYS LANDS INSIDE THE LADDER SPACE, AND YOUR RIGHT FOOT STEPS OVER AND BEHIND EACH SUCCESSIVE SPACE BUT NEVER INSIDE. TRY THE DRILL WITH THE RIGHT FOOT ALWAYS IN AND THE LEFT ALWAYS OUT (OVER AND UNDER). TRY DOING BOTH DRILLS DOWN AND BACK WITHOUT STOPPING; YOU'LL FIND THE RETURN TRIP (MOVING TO YOUR RIGHT ON THE LEFT-IN; OR LEFT ON THE RIGHT-IN) REQUIRES THAT YOU CROSS THE "OUT" FOOT IN FRONT OF AND BEHIND THE "IN" FOOT, MAKING THIS DRILL INTO A MEASURED CARIOCA-STEP.

## HELPFUL TIPS AND THINGS TO REMEMBER:

- ⇒ RELAX! YOU'LL MOVE WITH GREATER PRECISION AND BALANCE IF YOU AVOID TENSING YOUR MUSCLES.
- ⇒ ALWAYS SEE IF YOU CAN RELATE THE ELEMENTS OF ANY DRILL TO THE MOVEMENTS YOU MAKE IN COMPETITION. OFTEN DRILL MOVEMENTS ARE IDENTICAL TO COMPETITION MOVEMENTS WITH ONLY THE ADDED CHALLENGE OF PLACING YOUR FEET PRECISELY IN AND OUT OF THE LADDER.
- ⇒ GO AS FAST AS YOU CAN; NOT AS FAST AS YOU CAN'T. DON'T SABOTAGE YOURSELF BY ATTEMPTING TO MAKE YOUR FEET GO FASTER THAN THEY ARE ABLE TO CORRECTLY NEGOTIATE ALL THE RUNGS OF THE LADDER. REMEMBER: YOU WANT TO DEVELOP QUICKNESS AND CONTROL.
- ⇒ LEARN QUICKLY, BY FIRST PRACTICING SLOWLY.
- ⇒ GET A RHYTHM, THEN TRY TO PICK UP YOUR TEMPO.
- ⇒ IF YOU ARE STRUGGLING WITH A PARTICULAR DRILL, COUNT THE RHYTHM OUT LOUD (EITHER WITH NUMBERS, OR WORD CUES ("IN," "OUT," "CROSS," ETC.) UNTIL THE MOVEMENT BEGINS TO FLOW.
- ⇒ USE YOUR ARMS! (TRY SPRINTING WITH YOUR HANDS CLASPED BEHIND YOUR BACK. [YOU WILL GO MUCH SLOWER THAN YOU ARE ABLE TO RUN WITH YOUR ARMS MOVING WITH YOU.] THE SAME HOLDS TRUE WITH MOVEMENTS IN THE LADDER.) SEE IF YOU CAN'T GENERATE MORE SPEED BY EMPLOYING YOUR ARMS AS AN ADDITIONAL BALANCE AND POWER-PRODUCING FORCE.
- ⇒ YOU CAN USE MANY DRILLS (SHUFFLE; CROSS-STEP) TO INCREASE EXPLOSIVE POWER SIMPLY BY AMPLIFYING YOUR LAST STEP AWAY FROM THE LADDER. THIS TURNS THE DRILLS INTO FUNCTIONAL PLYOMETRIC TRAINING FOR SPORT.
- ⇒ FOCUS ON LEARNING ONE OR TWO DRILLS PER TRAINING SESSION UNTIL YOU HAVE DEVELOPED A GOOD BASE OF EXERCISE OPTIONS.
- ⇒ DON'T BE AFRAID TO FAIL! ALL THESE DRILLS CAN BE LEARNED QUICKLY—IF YOU DON'T QUIT ON THEM!
- ⇒ HAVE FUN!

FOR MANY MORE IDEAS ON USING YOUR ABC TRAINING LADDER, ORDER A COPY OF THE "SPEED / AGILITY LADDER FOOTWORK DRILLS" VIDEO, WITH VERN GAMBETTA AND STEVE MYRLAND; AVAILABLE FROM:

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("PERFORM BETTER!" CATALOG; ITEM #9491P)  
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