**6 Ladder With Feet Challenges**

**By**[**Dr. John Byl**](https://www.gophersport.com/blog/author/john-byl/)

**Follow/Subscribe with John on** [**Twitter**](https://twitter.com/canadago4sport)**,** [**Instagram**](https://www.instagram.com/canadago4sport/)**,** [**Pinterest**](https://www.pinterest.ca/canadago4sport/_created/)**,** [**YouTube**](https://www.youtube.com/c/canadago4sport)**, or on his** [**website**](https://www.canadago4sport.com/)

**For 45+** [**Ladder Challenges**](https://www.canadago4sport.com/agility-ladders)

**For innovative** [**Ladder Options**](https://www.gophersport.com/fitness/saq?tag=agility)

1. **Every Other Rung Run**[**https://www.canadago4sport.com/Ladders/Every-Other-Rung-Run**](https://www.canadago4sport.com/Ladders/Every-Other-Rung-Run)

**Objective:**

* Running with one-foot landing in every other rung.



**Fundamental Movement Skills:**

* Locomotor
	+ Running

**Equipment List:**

* Agility Ladder

**Setting Up:**

* Player stands at the beginning of the ladder.

**Instructions:**

* Player must run quickly through the ladder with each foot landing in every second rung.
1. **Three Jumps and Three Runs…**[**https://www.canadago4sport.com/Ladders/Three-Jumps-and-Three-Runs**](https://www.canadago4sport.com/Ladders/Three-Jumps-and-Three-Runs)

**Objective:**

* Powerfully jump in three rungs in a row, then run three rungs, then jump three rungs…



**Fundamental Movement Skills:**

* Locomotor
	+ Hop
	+ Run

**Equipment List:**

* Agility Ladder

**Setting Up:**

* Player stands at the beginning of the ladder.

**Instructions:**

* Player must jump powerfully and quickly through three rungs in a row, then run three rungs, then jump three rungs…
1. **Tap In**[**https://www.canadago4sport.com/Ladders/Tap-In**](https://www.canadago4sport.com/Ladders/Tap-In)

**Objective:**

* Running with left foot outside the ladder and right foot tapping off inside each rung.



**Fundamental Movement Skills:**

* Locomotor
	+ Running

**Equipment List:**

* Agility Ladder

**Setting Up:**

* Player stands at the beginning of the ladder.

**Instructions:**

* Player must run quickly through the ladder left foot outside the ladder and right foot tapping off inside each rung.
* Then alternate with other foot in and out
1. **Jump Forward In and Hop Out**

[**https://www.canadago4sport.com/Ladders/Jump-Forward-and-In%2C-Hop-Out**](https://www.canadago4sport.com/Ladders/Jump-Forward-and-In%2C-Hop-Out)

**Objective:**

* Hop out of rung to two feet outside, then jump forward into next rung landing on one foot.



**Fundamental Movement Skills:**

* Locomotor
	+ Hop

**Equipment List:**

* Agility Ladder

**Setting Up:**

* Player stands in the first rung of the ladder on one foot.

**Instructions:**

* Hop out of rung to two feet outside, then jump forward into next rung landing on one foot....
1. **Slalom Skiing**[**https://www.canadago4sport.com/Ladders/Slalom-Skiing**](https://www.canadago4sport.com/Ladders/Slalom-Skiing)

**Objective:**

* Two-foot jump from one side to the next rung and the other side...

****

**Fundamental Movement Skills:**

* Locomotor
	+ Jump

**Equipment List:**

* Agility Ladder

**Setting Up:**

* Player stands with one foot in and the other out of the first rung.

**Instructions:**

* The player jumps to the other side and up one rung with one foot in and one foot out, then jump to the other side and up with one foot in and one foot out….
1. **180s**[**https://www.canadago4sport.com/Ladders/180s**](https://www.canadago4sport.com/Ladders/180s)

**Objective:**

* Complete a series of 180-degree jump turns.



**Fundamental Movement Skills:**

* Locomotor
	+ Jump

**Equipment List:**

* Agility Ladder

**Setting Up:**

* Player straddle the side of the ladder with one foot inside and one foot outside first rung facing backwards to planned direction.

**Instructions:**

* Players jump and do a 180-degree left turn and land in the same square facing forward.
* Then jump and do a 180-degree right turn and land in the starting position but one rung up…