



Session plan; Agility Ladders;

Lesson objectives;

1. To develop coordination and foot speed, through structured ladder practices.
2. To improve agility and the ability to change direction with control.
3. To demonstrate balance and body control at different speeds.
4. To apply quick footwork skills in a competitive or game based activity

Learning outcomes:

All pupils will:

Move through the agility ladder using basic footwork patterns
Show control and balance while travelling at the appropriate speed.
Follow instructions and perform movements safely

Most pupils will;

Perform a range of ladder patterns with rhythm and fluency.
Increase speed while maintaining accuracy of foot placement.
Change direction while staying balanced

Some pupils will:

Perform complex patterns confidently at speed.
React quickly to new instruction or directional changes.
Apply agility or fast footwork effectively in games.

Organisation:

5/6 pupils per ladder set out parallel and a safe distance from each other.
Coach/teacher calls out the foot pattern to be performed.
Pupils take turns, one works while the others observe and prepare.
Pupils run around a coloured marker, which is placed 4/5 metres from ladder.

Key teaching points:

Run on the ball of your foot.
Pump arms from shoulders, not elbows
Bodyweight leaning slightly forward.
Try to keep knees low, not too high!
Maintain rhythm and accuracy of foot placement