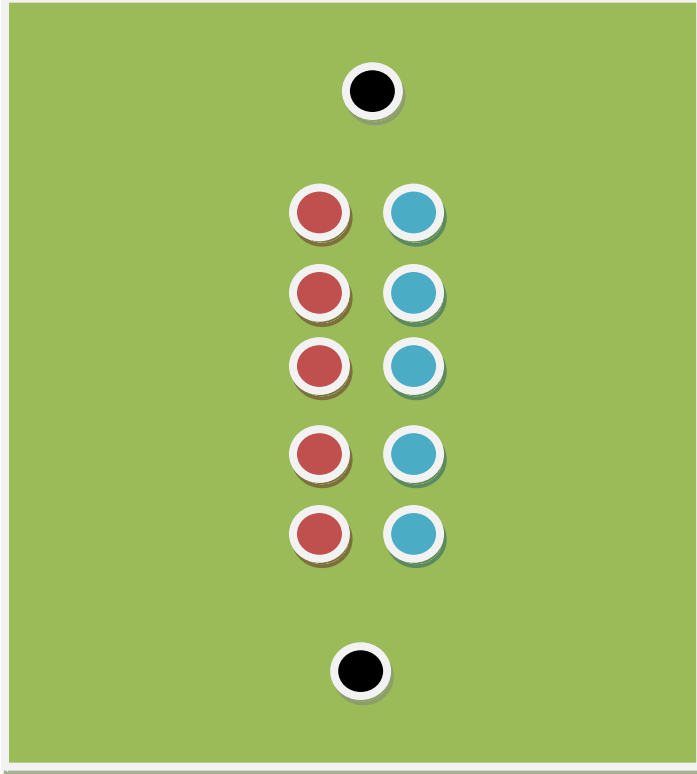



# Ladders



## Key

25x25m space

 Team A

 Bull Dog

 Cone

## Equipment

25x25m space, 2x cone

## Rules

Coach says either: number 1 to 6 and both teams with that number must run to bottom post around to the next post then down the ladder

## Focus

Improve foot speed, agility and reaction times

Provide competition environment