

Ladder coordination



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25 exercises (basic,
intermediate and advanced)

INTRODUCTION

This document has been created as a basic reference source to learn and develop different movements with the coordination ladder.

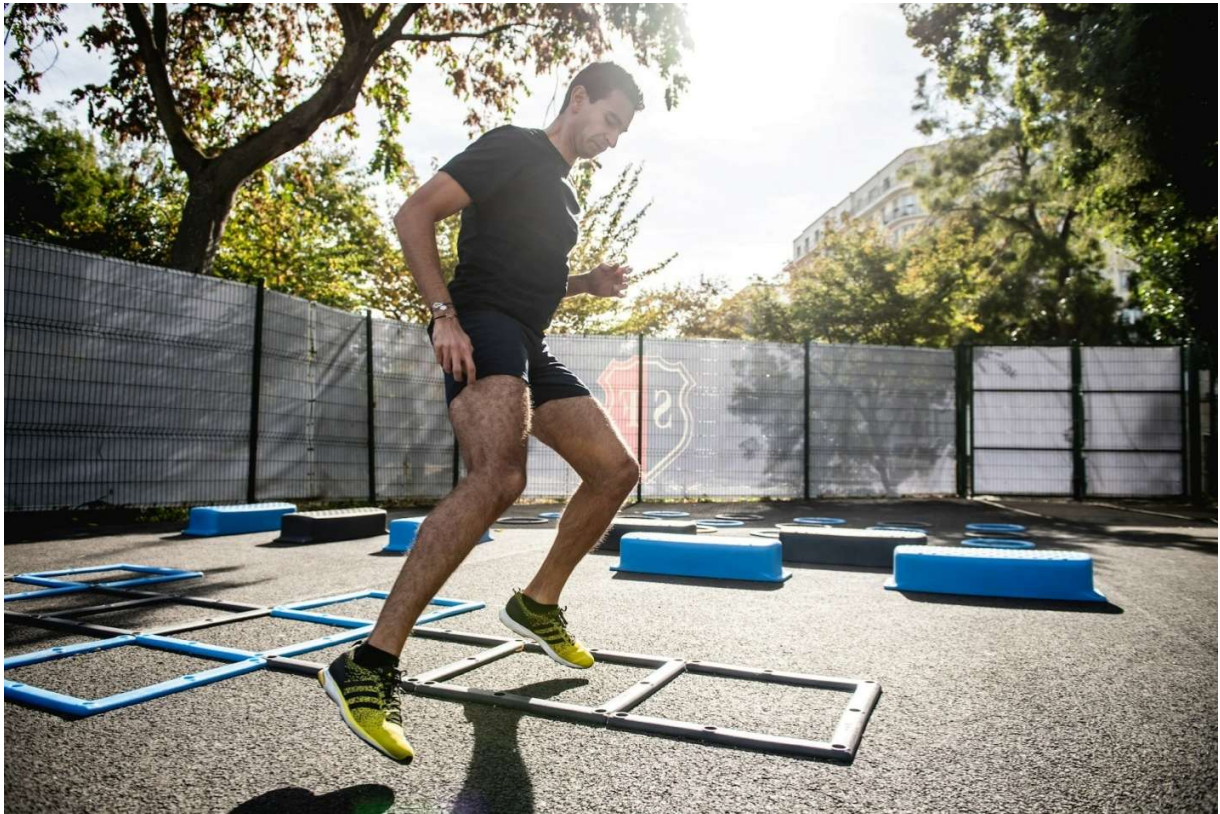
Here you will find fundamental exercises that will allow you to improve your agility, balance and coordination. It is a starting guide, ideal for those looking to establish a solid foundation before moving on to more complex routines.

Each exercise is designed to be accessible and effective, offering the tools you need to integrate the coordination ladder into your physical training, no matter what sport you practice.



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COORDINATION EXERCISES WITH LADDER

The coordination ladder is an ideal tool to improve agility and body control. In this document, you will find a series of exercises that will help you develop better synchronization between your movements, increasing speed and balance. From basic to more advanced steps, each exercise is designed to challenge you and improve your coordination in a short time. Start training and take your physical prowess to the next level!



**Coordination on
stairs improves
agility, balance
and control,
enhancing
physical
performance and
motor skills.**



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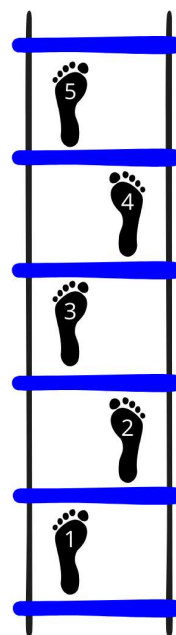
ADVANCED EXERCISES

Exercise 1: Support by space on stairs

Description: Move forward by placing one foot on each space of the ladder.

Movements:

1. Start with feet together in front of the ladder.
2. Take a step forward, placing one foot on the first space.
3. Follow with the other foot in the next space.
4. Repeat the pattern until the ladder is completed, alternating feet.

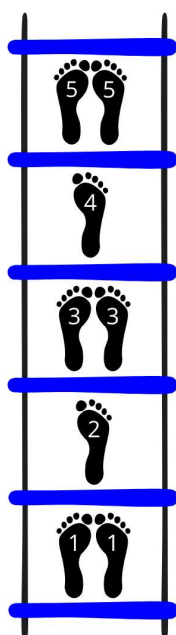


Exercise 2: Alternate jumping with two legs and one leg

Description: Alternate between a two-legged jump in one space and a one-legged jump in the next space, switching legs on each support.

Movements:

1. Start with a jump using both legs into the first space.
2. In the next space, jump and support only one leg.
3. Jump again with both legs to the next space.
4. Alternate the support leg on each individual jump, repeating the sequence until the end of the ladder.

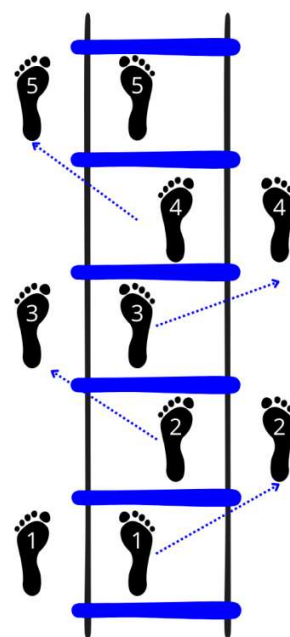


Exercise 3: Jumps with one foot in and one foot out, alternating sides

Description: Perform jumps with both feet, alternating the position of the feet between one space inside the ladder and one outside, changing sides on each jump.

Movements:

1. Start in front of the ladder with feet together.
2. Jump forward, placing one foot inside the first space and the other outside, to one side.
3. On the next jump, switch sides: the foot that was inside goes out to the opposite side, while the foot that was outside enters the ladder..

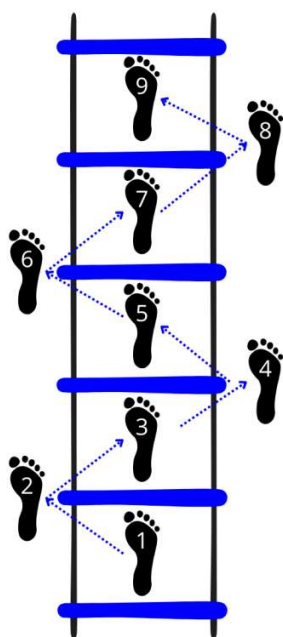


Exercise 4: One-legged alternating in and out, alternating sides

Description: On one leg, perform alternating supports in and out of the ladder, changing the side of exit on each movement.

Movements:

1. Starts leaning on one leg in front of the first space on the ladder.
2. Jumps forward, placing the foot inside the first space.
3. Performs an outward jump, resting the same leg on the right or left side of the ladder.
4. On the next jump forward, change the exit side: if you jumped out to the right before, now jump out to the left, and vice versa.

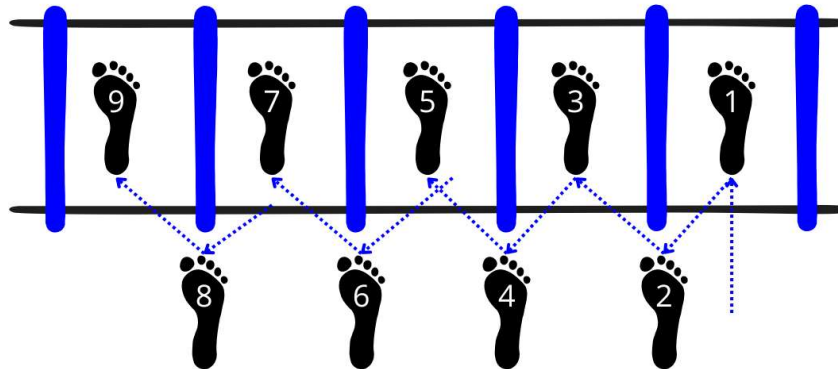


Exercise 5: Forward and backward leans with one leg, on and off the ladder

Description: On one leg, perform supports on and off the ladder, alternating between forward and backward movements.

Movements:

1. Start with one foot inside the first space of the ladder.
2. Jumps backwards, placing the foot outside the next space.
3. Now, jump forward, resting the foot inside the next space.
4. Repeat the pattern alternating between stepping in and out, moving forward and backward along the ladder.

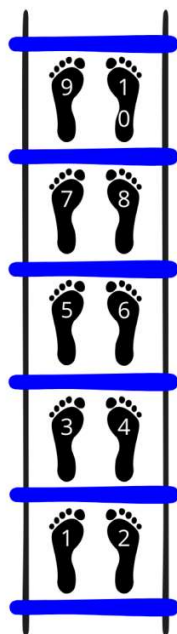
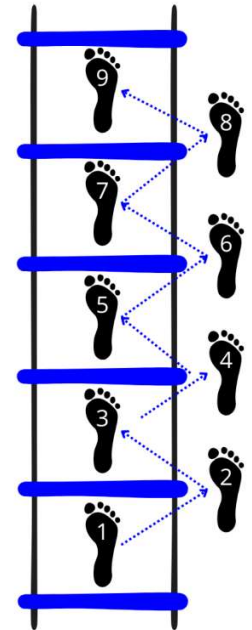


Exercise 6: One-legged lunges in and out on the same side, forwards

Description: On one leg, perform a sequence of jumps alternating between a hop forward, a diagonal hop out and a diagonal hop in.

Movements:

1. Starts with one foot inside the first space of the ladder.
2. Perform a forward leap, keeping the foot inside the next space.
3. From there, perform a diagonal jump outward, supporting the foot outside the ladder.
4. Then, jump diagonally inward, returning the foot to the next space inside the ladder.



Exercise 7: Double support per space

Description: Move up the ladder by placing both feet on each space, first one foot, then the other, in succession.

Movements:

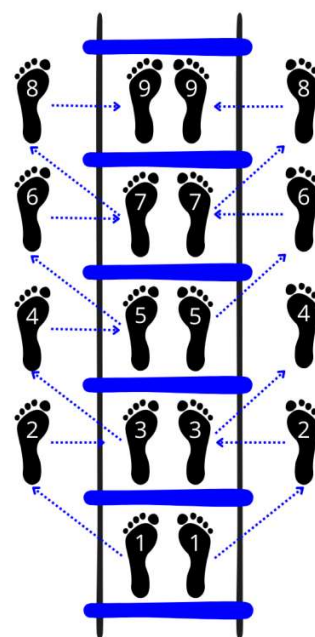
1. Start with feet together in front of the ladder.
2. Place one foot on the first space of the ladder.
3. Then, place the other foot on the same space.
4. After both feet are in the same space, repeat the process, placing both feet in each new space in turn.

Exercise 8: Jumps with two supports inside and jump with opening

Description: Perform jumps with two supports inside each space, followed by a jump with opening, placing both feet outside the ladder, one on each side.

Movements:

1. Start with feet together.
2. Perform a jump to the first space, placing both feet inside the space.
3. Then, perform a jump with an opening, bringing both feet out of the ladder, one to the right side and the other to the left.
4. After the opening jump, jump back into the ladder space and repeat the pattern.

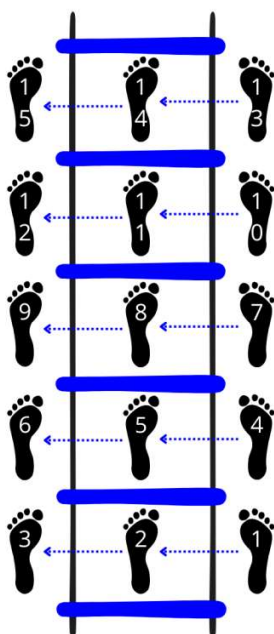


Exercise 9: Alternating inside and outside support with only one foot

Description: One foot is held outside the ladder, while the other alternates between an inside and outside support.

Movements:

1. Start with one foot inside the first space of the ladder and the other outside, on the right or left side.
2. Take the foot that is inside the space to the outside, on the opposite side of the outside foot.
3. Then, move the foot that was outside to the next stair space.

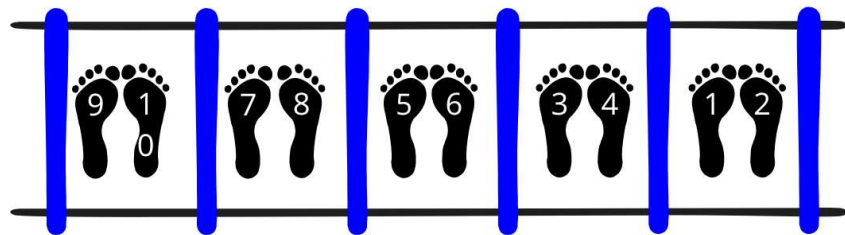


Exercise 10: Double lateral supports

Description: Perform lateral supports, entering the ladder with both feet in each space, starting with the foot closest to the ladder.

Movements:

1. Position yourself sideways to the ladder.
2. Enter the first space with the foot closest to the ladder.
3. Then, place the opposite foot inside the same space.
4. Advance to the next space repeating the sequence: first enter the foot closest to the ladder, followed by the other foot.
5. Continue this pattern until the ladder is complete.

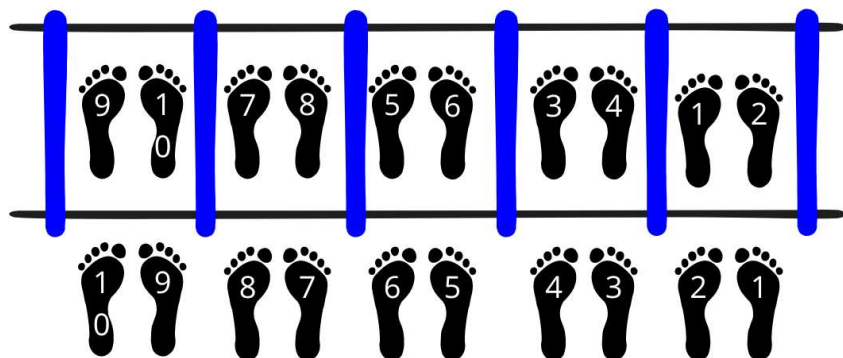


Exercise 11: Switching feet in and out

Description: Alternate foot positions, with one foot inside the ladder and the other outside, switching them by jumping and advancing to the next space in the same pattern.

Movements:

1. Start with the left foot inside the first space of the ladder and the right foot outside.
2. Perform a jump changing the positions of the feet: now the right foot enters the space and the left foot is outside.
3. After the change, advance to the next space with the same initial pattern (left foot in, right foot out).

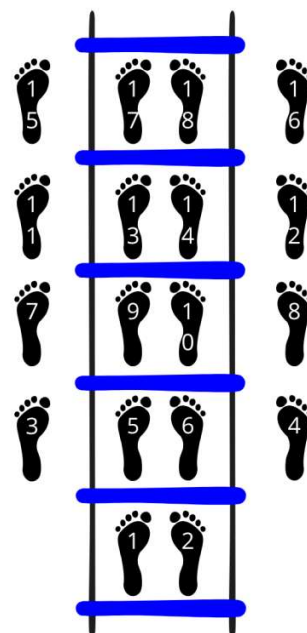


Exercise 12: Alternating inside and outside double supports

Description: Alternate between double supports inside and outside the ladder on each movement.

Movements:

1. Perform a double support inside the first space of the ladder.
2. Move to the next space by performing a double support outside (one foot on each side of the space).
3. Continues with a double support inside the next space.
4. Repeat the sequence alternating inside and outside supports as you move up the ladder.

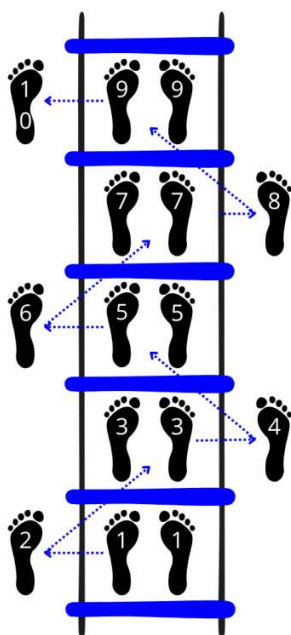


Exercise 13: Jumps with alternating side landings

Description: Combines jumps with both feet inside the ladder and alternating lateral supports outside the ladder.

Movements:

1. Perform a jump with both feet inside the first space.
2. From there, jump and land one foot outside of the ladder, to the right or left side.
3. Jump to the next space with both feet inside.
4. Repeat the sequence, alternating outside lateral support in each space (a different side on each jump).

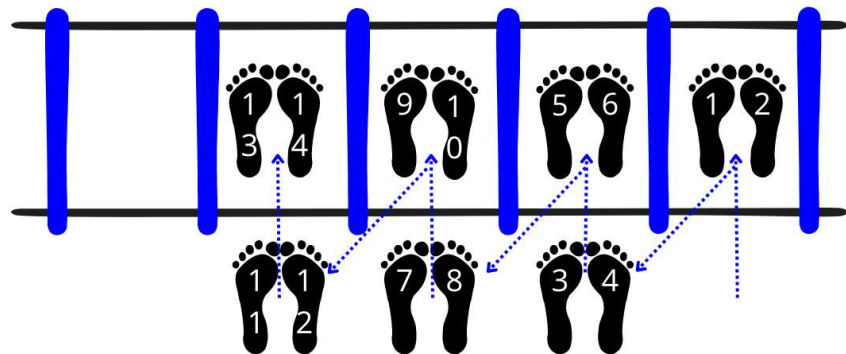


Exercise 14: Alternating inside and outside supports in sequence

Description: Alternate supports inside and outside the ladder.

Movements:

1. Enter the first space with the foot on the side of displacement.
2. Follow with the other foot, placing both feet inside the space.
3. Move forward out of the next space and perform the same sequence, but with both feet outside.
4. Repeat the pattern, alternating inside and outside footholds in each space as you advance up the ladder.

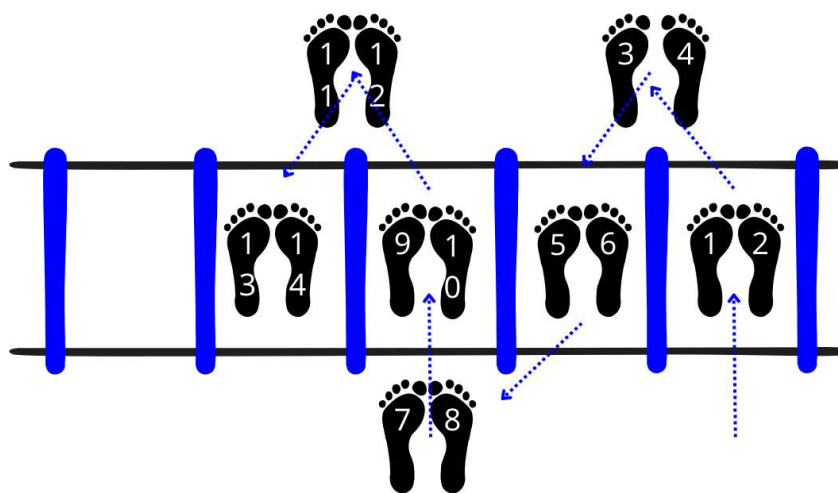


Exercise 15: Alternating inside and outside landings with change of direction

Description: Alternate supports inside and outside the ladder, forwards and backwards.

Movements:

1. Step into the first space with the foot on the side of displacement, followed by the other foot.
2. Advance to the next space and perform outside supports: first forward (near foot, then far foot).
3. In the next space out, perform the supports backwards, following the same pattern.
4. Continually alternate between inside, outside forward, and outside backward as you go.

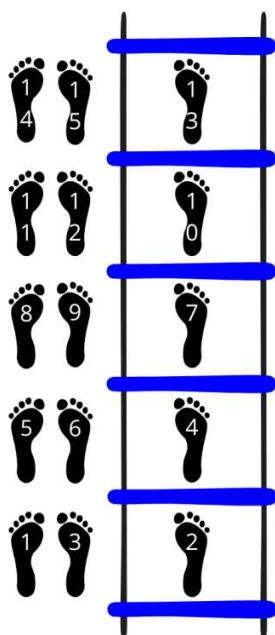
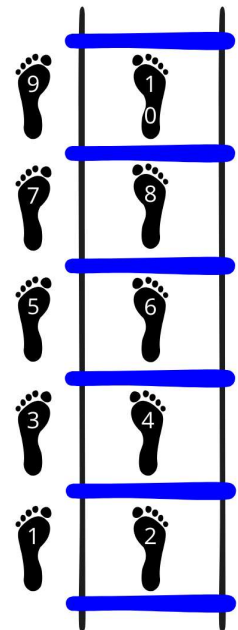


Exercise 16: High knee ladder stance

Description: Keep one foot off the ladder while the other performs supports within each space, raising the knee with each step.

Movements:

1. Position one foot outside the ladder, holding it stationary.
2. With the other foot, perform supports within each space of the ladder.
3. Each time the foot inside the ladder touches the ground, raise the knee on each step before advancing to the next space.
4. Continue the sequence all the way up the ladder.



Exercise 17: Alternating inside and outside supports with a fixed foot

Description: One foot remains outside the ladder while the other foot performs alternating supports in and out of each space.

Movements:

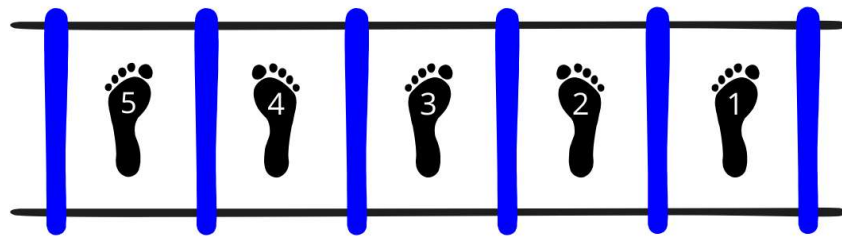
1. Keep one foot stationary outside the ladder.
2. With the other foot, perform a support inside the first space.
3. Then, take the same foot out of the ladder.
4. Repeat this sequence (inside-out) before moving to the next space and continuing the pattern.

Exercise 18: Lateral cross stands

Description: Perform lateral cross supports inside the ladder, crossing one foot over the other on each step.

Movements:

1. Start at the first space with the left foot.
2. Then, place the right foot inside the next space, crossing over the left foot.
3. Repeat the pattern alternating feet and crossing them laterally within each space as you move up the ladder.



Exercise 19: Double support and single support

Description: Perform a double support in one space and then a single support with the first foot in the next space.

Movements:

1. In the first space, perform a double support with both feet inside the ladder.
2. Advances to the next space and places only the first foot that was supported in the previous space.
3. Repeat the sequence, alternating between double support and single support with the first foot in each space.

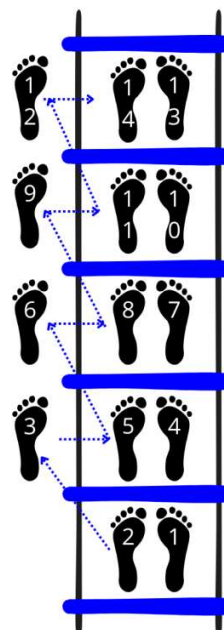


Exercise 20: Double support inside and then support outside

Description: Start with a double support inside the ladder and then bring the second foot that was supported in the first space to the outside.

Movements:

1. Start with a double support inside the first space of the ladder (both feet inside).
2. Then bring the second foot that was supported inside the first space to the outside.
3. Repeat the sequence, performing a double support inside and then bringing the second foot outside in each space.

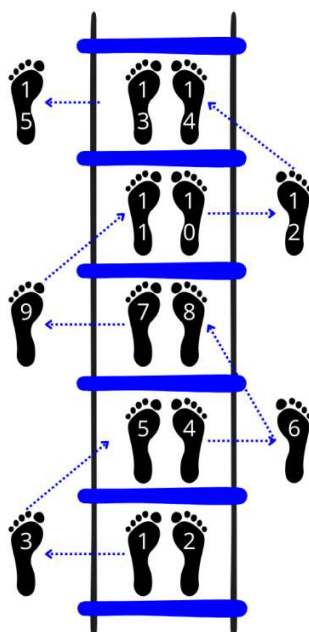


Exercise 21: Double support inside and outside support with only one foot

Description: Perform a double support inside the ladder and then an outside support with one foot.

Movements:

1. Start with a double support inside the first space of the ladder (both feet inside).
2. Then bring the first foot that has entered, outside the ladder, on the outside side.
3. In each space, repeat the sequence: first a double support inside and then an outside support with one foot (the first foot that has entered each space).

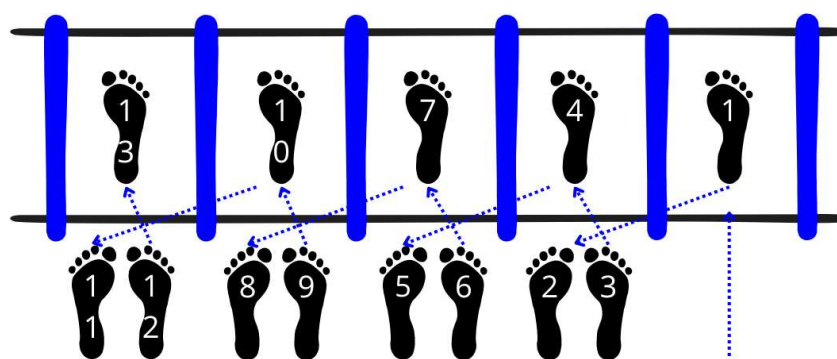


Exercise 22: Opposing support with displacement and alternation

Description: Perform a support with the foot opposite to the displacement side inside the ladder, while the foot on the displacement side is placed outside the ladder. Then alternate between supports inside and outside in each space.

Movements:

1. begin by placing the foot opposite the displacement side inside the first space of the ladder.
2. With the foot on the displacement side, perform a support outside the ladder.
3. The opposite foot is the only foot that enters and exits the ladder.
4. In the next space, perform an outside support with the foot on the displacement side and then an inside support with the opposite foot, before moving to the next space.
5. Repeat the sequence alternating inside and outside supports in each space.

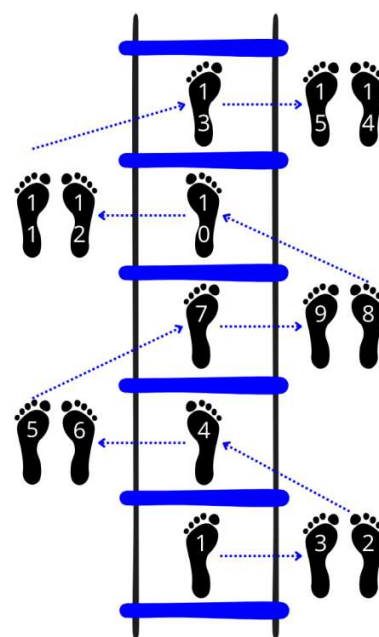


Exercise 23: Inside support, outside support and cross support

Description: Perform an inside step, then an outside step with the other foot, and then step the first foot out of the space. Continue with a cross support inside the next space.

Movements:

1. Start by performing a support inside the first space with one foot.
2. Then, place the other foot outside of the ladder, on the opposite side of the first foot.
3. Take the first foot out of the space.
4. Move to the next space and perform a cross step with the opposite foot inside the space.
5. Repeat the sequence of inside, outside and cross supports in each successive space.

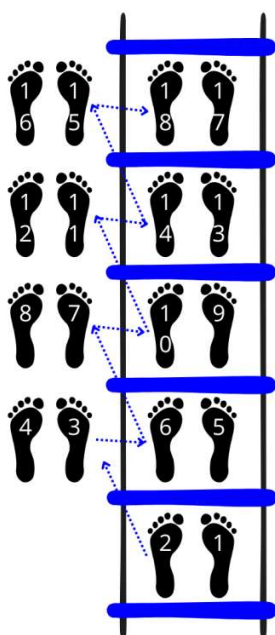


Exercise 24: Double supports in and out with first foot crossed over

Description: Perform double supports inside and outside the ladder, making sure that the first foot that comes out when performing the double support outside, crosses in front of the other.

Movements:

1. Start by performing a double support inside the first space of the ladder.
2. Then, as you move to the next space, perform a double support outside the ladder, making sure that the first foot coming out crosses in front of the other foot.
3. Then continue with the same pattern alternating double supports inside and outside, always crossing over the first foot as you exit outside the ladder.

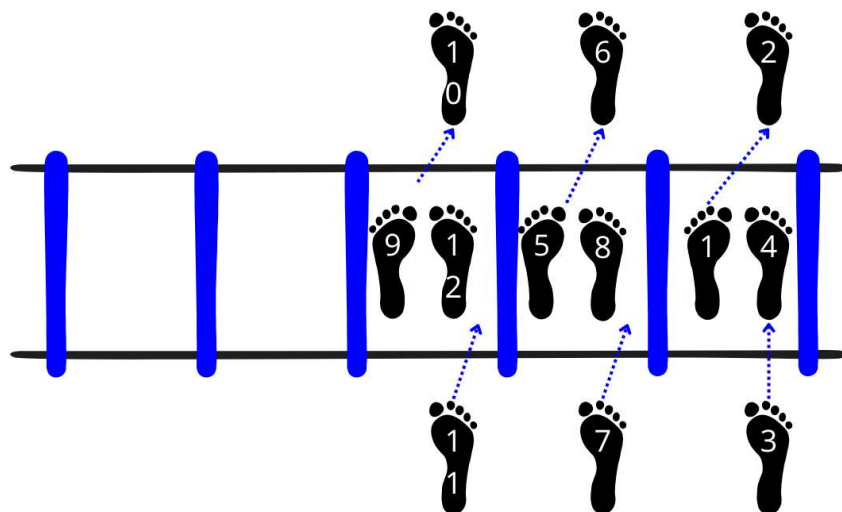


Exercise 25: Lateral entry with outside and inside supports

Description: Enter the ladder laterally with the foot on the side of the ladder and, with the opposite foot, perform a sequence of forward and backward supports outside the ladder, followed by an inside support.

Movements:

1. Enter laterally into the first stair space with the foot on the displacement side.
2. With the opposite foot, perform a forward lean outside the staircase, followed by a backward lean, also outside.
3. Then, place the same foot inside the ladder, completing the sequence.
4. Move to the next space and repeat the pattern.



THE PATH OF PRECISION

Improve your agility and control

As we conclude this tour of ladder coordination exercises, it is important to note that coordination is a fundamental skill in any sport. Whether you practice soccer, basketball, athletics or any other discipline, the ability to synchronize your movements efficiently and precisely is key to achieving high performance.

The exercises presented in this guide are not only versatile, but can also be adapted to the needs of every athlete, regardless of level or specialty. Incorporating them into your training routine will allow you to improve your agility, balance and body control, essential skills to excel in any physical activity.

We want to thank you for taking the time to explore this guide. Your commitment and willingness to learn are the first step toward continuous improvement. We hope you find these exercises a valuable tool to advance your path to athletic excellence.

Thank you for trusting this resource and for being part of this community of constant improvement!

“ EVERY WELL-
COORDINATED STEP IS A
STEP TOWARDS
EXCELLENCE ”