

Ladder and Cone Training

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Summary: Some athletic trainers say physical agility training, like Ladder Training, is as effective and some say more effective, than traditional linear running in enhancing general physical fitness. That may be the case for athletes but for non-athletes I say do traditional aerobic fitness exercises with some ladder and cone training for fun. It's incredibly important for athletes to work on cutting through Cone Training so you don't run the risk of getting an injury by pulling something during a game. Dot/Cone and Ladder Training should be definitely part of an athlete's rehabilitation routine after a lower body injury. READ ON

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Ladder Training

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Some athletic trainers say physical agility training, like Ladder Training, is as effective and some say more effective, compared to traditional linear running in enhancing fitness. Maybe that is the case for athletes, but I must stress that it is skill related physical fitness, not health related physical fitness when they state that. If your goal is health related fitness you should employ all the training strategies for health related fitness, which includes traditional aerobic and muscular conditioning.

Understanding the difference is important. They go on to say that Ladder Training is likely more effective than linear running in enhancing specific measures of physical and cognitive performance, such as physical agility, memory, and vigilance. That may be the case. I also agree that agility training should be a large component of military and most sports training. It may also be a beneficial tool, to a degree, for improving both mental and physical fitness in the general population in conjunction with a comprehensive health related fitness program. But it should not be one's sole form of aerobic conditioning since there is an increase risk of injury with it versus traditional aerobic exercise. In other words it can be a minor part of a non-athletes training. Besides Ladder drills, Dot/Cone drills are another great workout routine for athletes if they are looking to improve their agility. All you need are cones or markers of any kind. Then work on cutting by touching or turning around each marker and running at various speeds. It's incredibly important for athletes to work on cutting so you don't run the risk of getting an injury by pulling something during a game. See [study](#). **Also, Dot/Cone and Ladder Training should be definitely part of an athlete's rehabilitation routine after a lower body injury. See [Ladder](#) and [Cone](#) Training.**

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