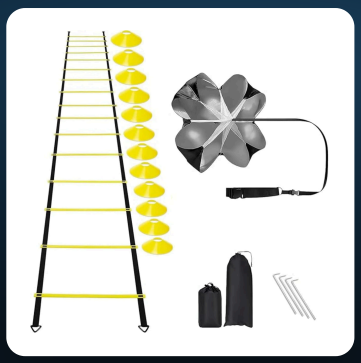
SPORTENZIA

USER GUIDE

AGILITY AND SPEED TRAINING KIT

Agility ladder, marker discs, resistance parachute and ground pegs, in a carry bag. Everything to set up a footwork, coordination or sprint station on any ground. Setup, safety, storage.

REF. KITRAIN1 · LADDER, 12 DISCS, PARACHUTE · PP, PE, METAL; BAG INCLUDED



01 · GETTING STARTED

CONTENTS, SETUP, RULES

In the bag

ITEM	QTY	USE
Agility ladder, 12 rungs	1	Footwork, foot speed, coordination
Ground pegs	4	Hold the ladder on grass or soil
Marker discs with round hole	12	Courses, slalom, zones
Black resistance parachute	1	Sprints, accelerations
Black carry bag	1	Storage and transport

Setting up the ladder

1. **Unroll it** on flat, clear ground, then pull it taut so the rungs are straight and evenly spaced.
2. **Peg the ends** with the pegs pushed fully into grass or soil. On hard ground they will not hold: lay the ladder without pegs and check it does not slide.
3. **Place the discs** to mark the start, the finish or a slalom. They stack for transport.

Using the parachute

1. **Buckle the belt** at the waist and adjust it: it must not spin round when the parachute pulls.
2. **Lay the parachute out** behind you, strap straight, no twist or knot. It opens on its own as soon as you accelerate.
3. **Sprint in a straight line** on a clear surface, with no obstacle or other runner behind you. Slow down gradually and the parachute drops.

Specifications

Sports	**Football, basketball, boxing, conditioning**	Work	**Agility, coordination, speed, footwork**
Level	**Beginner to advanced**	Materials	**PP, PE, metal components**
Parachute	**Standard resistance**	Transport	**Bag included**

SAFETY

- The pegs are metal: push them all the way in, pull them out after the session, never leave them on a pitch where people play.
- Do not step on the rungs: they slip. Feet go between the bars.
- Parachute: never near a road, never in strong wind, never with someone in your path.
- Children under adult supervision; discs and pegs are not toys.
- Sports shoes suited to the ground: studs on grass, clean soles indoors.

02 · DAY TO DAY

DRILLS, STORAGE, TROUBLESHOOTING

Possible drills

EQUIPMENT	WHAT YOU WORK ON	POINTERS
Ladder	Foot speed, coordination, footwork	One or two contacts per box, eyes ahead, not on your feet
Discs	Changes of direction, sport-specific movement	Slalom, shuttles, zones to reach
Parachute	Sprint power and endurance	Straight line, progressive start, the parachute opens with speed
All together	A full circuit: footwork, slalom, sprint	Rehearse each station slowly before linking them

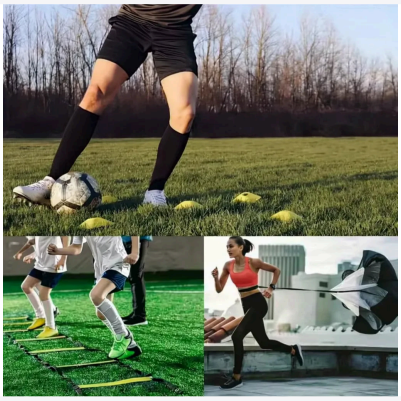
Start slow and clean; speed comes once the movement is right.

Storage and care

- Rinse or wipe discs and ladder after a muddy pitch; let them dry before packing.
- Dry the parachute spread out, never rolled up damp: the fabric mildews and the strap suffers.
- Wipe the pegs and keep them separate in the bag, points down.
- Roll the ladder rung by rung, without twisting the straps.

If something goes wrong

SYMPTOM	LIKELY CAUSE	FIX
Ladder moves during the drill	Uneven ground, no pegs	Pull it taut again, drive in all four pegs
Parachute does not open	Tangled strap, too little speed	Untangle, start more sharply
Parachute pulls you sideways	Crosswind	Change direction or wait for a lull
Discs blow away	Wind	Stack two or pick a sheltered corner



Discs for footwork, ladder for foot speed, parachute for sprints.

GOOD TO KNOW

- The ladder can be unrolled only part way: no need to lay out all 12 rungs for a short drill.
- The hole in the discs lets you stack them and carry them on one arm.
- In a group, one runner at a time on the ladder and on the parachute.

Need help?

sportenzia.com/pages/contact

Our team answers your questions about setup and use.