

JUMP FOR JOY JUMP ROPE SKILLS & DRILLS

Note on jump rope drills:

Practice the skill. Use relays, one on one or team challenges, contests, and 'Instructor Benchmarks' to keep the kids interested while practicing these skills. (For example in instructor can say, "I need everyone to do this skill 10 times, before we can move on to the next one.) BE CREATIVE. Instructor must walk around the class giving 1 on 1 help as needed. You must interact, demonstrate and participate while they are practicing the skill.

SOLO JUMPING:

1. BASIC JUMPING

SKILL –

- a. Shoulders should be down and relaxed.
- b. Elbows stay in, close to the body and the wrists should remain slightly below the elbows when jumping in the rope.
- c. Use only the wrists to turn the rope, not the arms and shoulder.
- d. Keep the knees bent and the spine in a neutral position- good standing alignment.
- e. Jump and land on the balls of the feet.
- f. Land softly-imagine the floor is glass.
- g. Stay low to the floor-just barely clearing the rope.
- h. Keep a nice high arc in the rope with no slack.

2. JOGGING JUMP

SKILL –

- a. Turn the rope and step over the rope with one foot.
- b. On the next turn of the rope step over the rope with the other foot.
- c. It's just like jogging in place while jumping the rope

3. BACKWARDS JUMP

SKILL –

- a. Start with rope in front of you.
- b. Swing rope backwards.
- c. When rope is out of your sight, begin to jump.

4. CRISS- CROSS

SKILL –

- a. Jump with your feet spread apart.
- b. Jump and cross your arms.
- c. Repeat.

5. SIDE SWING

SKILL –

- a. Swing the rope to your left side.
- b. On the next rope turn, spread your hands apart and jump.
- c. As the rope comes over, swing it to your right side.
- d. On the next turn, spread your hands apart and jump.

6. DOUBLE JUMP

SKILL –

- a. Rope swings around twice before your feet touch the ground again-jump high.

7. SCISSORS

SKILL –

- a. Put one foot forward and the other back.
- b. Then switch.

8. JUMPING JACKS

SKILL –

- a. Feet start together first time over rope.
- b. Next time they come apart.
- c. Repeat.

9. CAN CAN

SKILL –

- a. Jump with one leg up and bent.
- b. Then jump with both feet on ground.
- c. Then jump again kicking foot out.

10. SKIER

SKILL –

- a. Twist hips from side to side between jumps

11. HIGHWATER

SKILL –

- a. When swinging the rope around, don't let the rope touch the ground.

12. FRIEND JUMP

SKILL –

- a. Person with a rope finds a friend without a rope and swings the rope over herself and her friend.
- b. They must jump at the same time.

13. HEEL EXCHANGE

SKILL –

- a. Jump and touch your heel to the ground in front of you.
- b. Switch feet and touch the other heel to the ground in front of you.
- c. Repeat.

14. TOE EXCHANGE

SKILL –

- a. Jump and touch your toe to the ground behind you.
- b. Switch feet and touch the other toe to the ground behind you.
- c. Repeat.

15. BACKWARDS 180

SKILL –

- a. Start with the rope in front of your feet.
- b. Lift the rope high overhead while making a half turn to your left.

GROUP JUMPING:

1. TURNING THE ROPE

SKILL –

- a. Let 2 players grab the rope.
- b. They should stand far enough apart so the rope just barely touches the ground.
- c. Tell them to swing the rope back and forth 3 times “1, 2, 3...”
- d. The swing rope over their heads.
- e. Tell them turning the rope is about rhythm and timing.

2. RUNNING IN

SKILL –

- f. This is the process of running into a turning rope to start jumping.
- g. Make sure the turners are swinging the rope slowly at first. Coaches should demonstrate first.
- h. Players should be in stacks and 1 player will run in at a time.
- i. Time your entry – when you see the rope swing towards you, run in as fast as you can.
- j. When you get in, the rope should be above your head and get ready to jump.

3. RUNNING OUT

SKILL –

- a. Once you are inside jumping, you must be able to run out.
- b. Right after you do your last jump, start making your exit.
- c. If you wait until the rope is back over your head, it is too late.

4. LEAPFROG

SKILL –

- a. Touch the ground with both hands.
- b. Leap up before the rope comes back around.

5. POP UP

SKILL –

- a. Jump up high and bring knees to chest.

6. TURNING AROUND

SKILL –

- a. Do a 360 turn in 4 jumps.
- b. First jump, turn a quarter of the way to the right.
- c. Repeat until you are back to your starting position.