

Skipping

The aim is to develop spring in your legs. Simultaneously you develop co-ordination between your arms and your legs and good alignment of your lower limb joints. Use a metronome to develop good rhythm. *Firstly drills with the rope rotated (or turned) in a usual arc.*

Double Bounce

Jump twice per rotation of the skipping rope

(L) ® jump

One step each leg per rotation (L) leg forward, ® heel butt kicks

® (L) jump

One step each leg per rotation (R) leg forward, (L) heel butt kicks

Jogging Step

One step each rotation, each leg alternately

Single Bounce

1 x 2 leg jump per single turn of the rope

Hopping

1 leg, one hop each rotation of the rope

High Knees

Single Bounce with knee jackknifed towards chest

Toe Exchange

Cossack dance with alternate toe touchdowns in front

Heel Exchange

Cossack dance with alternate heel touchdowns in front

Heel Exchange with Deep Knee Bends

Front Straddle

Perform a split jump each rotation of the rope

Side Straddle

Lateral 2 leg or single leg hops over the rope each rotation

Cross-legs straddle

Single jump per rotation with feet crossing in front/behind, swapping each rope turn

Double Unders

Jump high to get 2 very fast rope rotations per jump!!!

Now drills with the rope rotated (turned) in crossed or twisted positions

Sideswings

Put hands together and swing rope around from one side of your body to the other as you jump, then open your hands and jump normally over the rope and continue this sequence

Front Cross

Turn the rope in a regular jump then cross your arms and jump through the loop, uncross to a normal jump then cross arms in opposite direction and jump through the loop and continue this sequence