

Rope Skipping

Jumping rope will help to improve the athlete's rhythm and timing and acceleration of jumping leaps, start speed and quickness in small areas. Greater leg, ankle, knee and foot strength, better eye hand foot coordination, endurance and stability for throwing, blocking, shooting and holding onto or knocking ball away. Gripping strength for dribbling, holding on to, catching or throwing the ball.

Rope jumping requires the athlete to remain on the balls of the feet, which also reinforces the Universal Athletic Position. This position of readiness, enables the athlete to move quickly in different directions on the field or court.

Benefits of Rope Jumping

Rope jumping takes everyone back to the basics, whether you jump for fitness or sports cross training. Through practice, patience and perseverance you will learn and enjoy the many benefits of rope jumping.

- **Aerobic & Anaerobic Capacity & Power**
- **Coordination**
- **Balance**
- **Agility**
- **Speed**
- **Quickness of Hands and Feet**
- **Explosiveness**
- **Weight Loss**

How To Develop Basic Jump Rope Endurance (Capacity)

Even the best jump rope equipment will yield minimum results without proper technique and a program tailored to address the needs of your sport or fitness program.

Warning: Consult your physician before starting a jump rope program. Children should be supervised at all times when jumping rope.

Warm-up: Warm muscles before starting to jump by jogging in place or perform simulated jumping movements. Then stretch entire body. Begin jumping.

Preparation Phase: In the first two weeks, emphasis should be placed on technique, not speed. (See correct jump rope technique). Rope Jumping is a skilled movement, which requires proper timing and coordination of the rope swing with each jump.

1st Week: Practice the Basic Bounce Step and Alternate Footstep up to a total of 5 min. per day. Depending upon your current skill level, begin with as few as 1 to 5 or 5 to 25 jumps per jumping bout - stopping, resting and starting again, as you desire. Jump and rest in a 1 - 2 ratio (ex. jump 30 sec, rest 60 sec.).

2nd Week: As your technique and jumping capacity improves add 10 - 20 jumps to each jumping bout. Jump and rest at a 1 - 1 ratio (ex. jump 60 sec., rest 60 sec.). By the end of the 2:nd week, you should be able to jump 100 - 300 jumps continuously without a miss.

Conditioning Phase:

3rd Week: After two weeks of training with the rope, you should work up to 5 min. of continuous jumping at 120 turns per min. to reach a level of basic fitness! Keep jumping 3 - 5 times per week. To advance, now work up to 10 min. of continuous jumping. It may take 3 - 6 weeks to attain this level. Keep jumping 3 - 5 times per week at 140 - 180 turns per min. For variety apply the different sports training jumps (featured on the Magic of The Rope Instructional Video).

Follow-through Phase:

When you are able to perform 10 min. of continuous jumping varying the intensity level from 140 - 180 turns per min., you are then ready for the Buddy Lee's 5 and 10 min. Jump Rope Programs.

Progress at you own pace, to avoid shin splints and sore calves. Stretch before during, and after each session, calves especially.

Learn The Skill of Jumping

You must master the two basic skills, the **Basic Bounce Step** and the **Alternate Foot Step** before learning Buddy's Sports Training Jumps. Practice these two techniques 5 min. daily. Competitive athletes, should practice these techniques 10 - 15 min. twice daily. Remember, the focus is on the skill not on speed. Stretch after each session, calves especially!



Basic Bounce Step

1. Jump with feet together

Alternate Foot Step



1. Swing rope around and jump over it with one foot. Now, swing rope around again and jump over it with the alternate foot.
2. Continue alternating feet (lifting knees slightly)

as if jogging in place).

3. Do not kick feet back. It will cause them to catch on the rope.

Exercise Comparison Chart

10 MIN ROPE JUMPING AT 120 TURNS/MIN. PRODUCES THE SAME CARDIOVASCULAR FITNESS AS:

Cycling -- 2 miles in 6 min.

Tennis -- 2 sets

Running -- 1 mile in 12 min.

Swimming -- 12 min.

Jogging -- 30 min.

Handball -- 20 min.

Research by Dr. Ken Cooper

Rope Measurement



1. Stand on center of rope with one foot
2. Pull handles alongside to reach chest or underarm

Surface

I recommend the following surfaces because they provide equal rebound and impact absorption for the take off phase and landing of each jump. This helps avoid injuries.

- Wooden Floor
- Rubberized Surface (Place rubber mat on concrete, tile or other hard surface)
- Sport Court

They generate quick rebounds and help develop speed, quickness and explosive power. Always avoid jumping on concrete, as it will increase the risk of lower body injuries.

Foot Wear

Choose a pair of cross trainer shoes with ample **forefoot padding** because jumping rope requires bouncing and balancing body weight on the balls of your feet. This is the opposite of running shoes, which provide the padding underneath the heels.

Starting Position

Place feet shoulder width apart with your body weight gently balanced on the balls of your feet. Rest the rope behind your calves. Practice, swinging the rope around your body to form a nice and even arc. When you have achieved this, it is time to add the "JUMP".

Start your "JUMP" when the rope passes over your head. You are now timing the rope so that it will pass under your feet while you are "airborne".

Proper Hand Grip



1. Grip handle with thumb and index finger on neoprene.
2. Wrap hand around handle.
3. Keep a comfortable but firm grip.
4. Make small circles with wrists

Choosing A Speed Rope

The right equipment combined with a good program makes all the difference in receiving the maximum benefits from rope jumping. Train with a rope that allows you to best simulate the speed, agility and explosiveness required of your sport. A speed rope is designed specifically for both young and mature athletes at the proper weight and thickness to maximize the ropes aerodynamic properties. It is light weight, and responds to quick directional change and makes it easier to learn the basic techniques. Speed ropes can comfortably turn at 180 - 300 RPM (revolutions per minute) for maximum training value, allowing you to **train the way you want to perform in your sport or fitness program.**

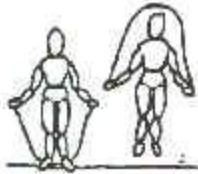
Correct Jump Rope Technique

1. Hold handles with a firm grip, elbows close to sides.
2. Make small circles with wrists while turning the rope.
3. Keep torso relaxed, head erect and look straight ahead to keep balanced.
4. Jump only high enough to clear the rope, with light ankle knee motion.

5. During jumping, the rope should touch the surface lightly.
6. Never sacrifice good jumping form for speed!

Remember: the key to effective jumping is to be light on the balls of your feet.

Training Jumps



Basic Bounce Step

Jump only high enough to clear the rope (one inch) and land lightly on the balls of your feet.

Backward Jumping – not shown

Begin with the rope in front of your feet. Turn rope backwards. When the rope hits the ground behind your feet, jump up and over the rope.



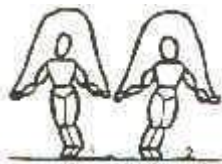
Alternate Step

(jogging step)

Jump with alternate foot, lifting knees up, like jogging in place. Do not kick feet back.

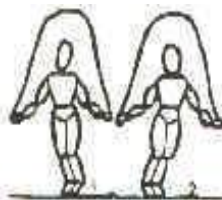
High Step – not shown

Same as Alternate Foot Step. Bring knees up to waist level. Keep back straight.



Side Straddle

Begin with Basic Bounce Step (feet together) on first swing. Jump with feet shoulder width apart on second swing.



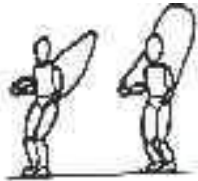
Forward Straddle

Jump with one foot forward in a straddle position on first swing. On second swing, switch feet. Move feet only a few inches apart



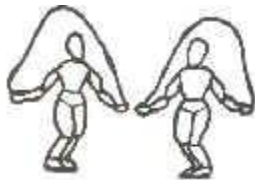
Skier's Jump

Jump a few inches to the right on first jump and a few inches to the left on the second jump. Alternate. Keep feet together and torso straight ahead. Result should look like a skier's slalom.



Bell Jump

Jump a few inches forward. Jump a few inches back. Result should look like the

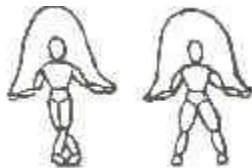


Half Twister

Bounce jump and twist lower body to the right. Jump with body facing forward. Jump and twist to the left. Only twist lower half of the body.

Full Twister – not shown

Bounce jump and twist lower body to the right. Jump and twist to the left. Eliminate the jump with body facing forward.



X-foot Cross

Jump to Side Straddle on first jump. Cross one leg over the other on second jump. Then jump with feet landing shoulder width apart again on third jump. Cross opposite leg over other. Alternate.



Forward Shuffle Forward Shuffle

Extend one foot forward a few inches with knees straight, alternate feet and keep upper body straight.

Backward Shuffle

Extend feet back, bending knees at 90 degrees angle, alternating feet. Movement resembles a low kicking motion.

Arm Criss-Cross

Swing rope around and cross arms at waist level, extending arms to sides to create a wide loop to jump through. Uncross on second jump. Alternate on every other jump.

Side Swing to Jump

Swing rope to the right -- then swing rope to the left. Now, open rope by extending right arm to the right. Jump through the loop

Double Under Jump

Jump a little higher than Basic Bounce Step. Turn wrists quickly to let rope pass under your feet twice in one jump. Keep head straight and torso relaxed for good jumping form.

| | |
|---------------------------------------|--|
| Warm up Program | Basic Bounce Step and Alternate Foot Step, Sports training Jumps |
| Training Routine and technique | <ol style="list-style-type: none"> 4 Bounce Step. 8 Alternate Foot Step (count right foot 4 times). For the last three minutes, incorporate sports training jumps moving. Jump for a total of 5 min. |
| Intensity | 140 – 160 RPM = 60% of MHR (Maximum Heart Rate) |
| Training Frequency | Daily before practice. |
| Goal | Move forward, backwards and lateral, while jumping. |
| Seasonal Implementation | Throughout all seasons. |

Sprint Training Programs

Sprint Training Programs are ideal quickness and speed building programs. We are using a baseline to measure improvements in proficiency and conditioning.

These programs should be executed only after athletes have mastered basic rope jumping skills, established a jump rope capacity and a training baseline of at least 100 jumps in 30 sec. or 200 jumps in 60 sec. using the Alternate Foot Step. The Alternate Foot Step is the technique that will be used during the sprint-training programs. Remember to count the right foot only and multiply by two to get the total count for each set. I also recommend that athletes reestablish their training baseline each successive week.

Depending upon the length of the sets in the program, use a 30, 60, 90 or 120 sec. pretest. As jump rope proficiency and endurance improves so will your baseline score.

Pretest for baseline at 30 seconds. *This pretest establishes a training baseline for Sprint Programs. This example shows a 30 sec. pretest. The same test can be performed at 60, 90 or 120 sec.*

| | | |
|-----------------------------|--|--|
| Time Jump 3 times | Reps for Alternate Foot Step Record the reps for ea. set (Count right foot, multiply by 2) | Baseline Score Add reps of all sets & divide by 3 |
|-----------------------------|--|--|

| | | |
|---------|------------------|---------------|
| 30 sec. | Ex: 50 x 2 = 100 | 306 / 3 = 102 |
| 30 sec. | Ex: 50 x 2 = 100 | |
| 30 sec. | Ex: 50 x 2 = 100 | |

Sprint Program

| | |
|--------------------------------|---|
| Technique | Alternate Foot Step |
| Training Routine | <ol style="list-style-type: none"> 100 Alternate Foot Step (count right foot 50 times). 30 - 60 sec. rest Repeat x 5 sets. |
| Intensity | Jump as fast as you can without catches of the rope or at 160 - 200 RPM = 85% - 95% of MHR |
| Training Frequency | 2 - 3 times per week throughout all seasons. Note: During in season 2 times per week. |
| Goal | Strive for continuation and no catches of the rope. |
| Seasonal Implementation | Implement during late off-season. Continue using program during the pre and in season |

Here's another note of extreme importance:

Athletes should use the off-season to master jump rope skills, establish a jump rope capacity and a training baseline. The athletes should then use the pre-season to complete the levels of the sprint training program that best meet the demands of their sport. During the regular season, athletes should train often enough to improve and, sustain the conditioning and athletic capacities developed during the pre-season.

Power Program

There are five *Power Jump Rope Training Programs*, which emphasize improving anaerobic capacity, increase vertical acceleration, gripping strength and start speed.

In addition, they provide the following benefits:

- Increased wrist, ankle and knee strength
- Conditioning of the back, shoulders and chest
- Increased gripping strength
- Improved posture
- Increased proprioception of the feet and ankles
- Increased strength in the calves and quadriceps

■ Improvements in vertical leap, lateral shifting and start speed

These programs should be executed only after athletes have mastered the basic rope jumping skills, established a jump rope capacity and a training baseline of at least 40 power jumps in 30 sec. or 80 power jumps in 60 sec. Athletes should reestablish their training baseline each successive week. Baselines can be set at different durations of 30, 60, 90 or 120 sec. pre-test. As jump rope proficiency and endurance improves so will your baseline score.

The Basic Power Jump (two rope revolutions per jump) is the technique that will be used for all level power-training programs.

Pretest for baseline. *This pretest establishes a training baseline for the Power Programs. This example shows a 30 sec. pretest. The same test can be performed at 60, 90 or 120 sec.*

| Time Jump 3 times | Reps for Power Jump Record the reps for ea. set | Baseline Score Add reps of all sets, divide by 3 |
|-----------------------------|---|---|
| 30 sec. | Ex: 40 | <u>126 / 3 = 42</u> |
| 30 sec. | Ex: 45 | |
| 30 sec. | Ex: 41 | |

Basic Power Program

Power Program

| | |
|--------------------------------|--|
| Technique | Alternate Foot Step and Power Jump |
| Training Routine | <ol style="list-style-type: none"> 1. 8 Alternate Foot Step (count right foot 4 times). 2. 2 – 6 consecutive Power Jumps. 3. Repeat this routine for 30 sec. 4. 30 – 60 sec. rest 5. Repeat x 5 sets. |
| Intensity | Jump as fast as you can without catches of the rope or at 160 - 200 RPM approximately 85% - 95% of MHR. |
| Training Frequency | 2 - 3 times per week throughout all seasons. Note: During in season 2 times per week. |
| Goal | Increase total number of power jumps for each set. Maintain same speed from alternate foot to power jump. |
| Seasonal Implementation | Implement during late off season. Continue using program during the pre and in season. |

Sports Specific Jump Rope Training Techniques



Basic Bounce Step

Jump with feet together.



Power Jump

Jump a little higher than Basic Bounce. Turn wrists quickly so rope turns twice in one hop. Focus straight ahead and keep torso relaxed for good form.



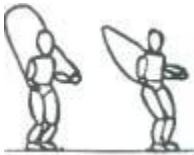
Forward Straddle

Jump with one foot forward in a straddle position. Alternate. Move feet only a few inches.



Alternate Foot Step

Swing rope around and jump over with right foot. On 2:nd swing jump over with left foot. Alternate feet. **(Lifting knees slightly forward as if jogging in place)** Do not kick feet back, as the rope will catch on a foot.



Bell Jump

Jump a few inches forward, then a few inches back. Alternate. Looks like the clapper of a bell.



Skier's Jump

Jump a few inches to the right, then a few inches to the left. Alternate. Keep feet together and torso straight. Looks like a skier's slalom.



Side Straddle hops

Begin with the basic bounce step. On 2:nd swing jump with feet shoulder width apart. Alternate.



Full Twister

Bounce jump and twist lower body to the right. Jump and twist lower body to the left. Alternate.

Other training techniques

- **Jump on one foot – Left and then on right**
- **Jump twice on left foot – jump twice on right foot and vise versa**
- **Jump twice on one foot – and once on the opposite foot and vise versa**
- **Jump in a box – hitting a corner on each jump**
- **Line jumps – side to side**
- **Line jumps – front to back**
- **Hexagon jumping**
- **Heavy rope**

