10U/12U PHASE I - RUNNING & JUMPING

JUMP ROPE

MOVEMENT

- 1 Jump F
 - Jump Rope on 2 feet using ball of foot.
 - Work on rhythm and timing.
 - Have players count repetitions trying to beat previous personal score.

ADVANCED

• Have players Jump Rope swinging rope backwards, hopping on one leg.



10U/12U PHASE I - RUNNING & JUMPING **JUMP ROPE**

PROUD PARTNERS IN HOCKEY