10U/12U PHASE I - RUNNING \& JUMPING

## JUMP ROPE



## MOVEMENT

- 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


## ADM ( AMERICAN DEVELOPMENT MODEL

