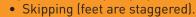
## 10U/12U PHASE II - RUNNING & JUMPING

## SKIPPING ROPE PATTERNS

### **STATIONARY**

Options for Jump Rope patterns:



• Swinging rope backwards.

2 • Lateral Jumps.

• Lateral skipping both directions.

• 1 foot hops with each foot, both directions.

### **MOVEMENT**

• Set up two cones 20 yards apart.

• Skip forward, backwards, lateral, and 1 foot in all directions.

If too advanced, jump without rope.



10U/12U PHASE II - RUNNING & JUMPING

# SKIPPING ROPE PATTERNS

