

10U/12U PHASE II - RUNNING & JUMPING

SKIPPING ROPE PATTERNS

STATIONARY

Options for Jump Rope patterns:

- ① • Skipping (feet are staggered).
- 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.



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