

AAHPERD 2013
JumpFit: Jump Rope for Conditioning and Fitness

Presented by Elizabeth Way, ACE Certified Group Fitness Instructor

Goals and Objectives:

Participants will learn how to incorporate rope skipping into intermediate/senior athletics training and PE classes through conditioning exercises, sports directed skills and combinations. Modifications to low impact/no rope movements will also be explained to allow for greater inclusivity.

Presentation Overview:

- Rope Types and Sizing
- Biomechanics of Jump
- Teaching Progression
- Skills for Drills
- Drill: Walls – Agility/Coordination
- Drill: Box – Lateral Stability/Coordination
- Drill: 10 up, 10 down – Speed and Power
- Drill: 15 Second Speed Drill
- Drill: Boxer – Speed and Power
- Drill: Double Under Challenge – Strength and Power
- Drill: Pushup – Strength and Power
- Drill: Mountain Climber – Strength and Power
- Drill: X- Drill and various - Agility
- Drill: Ladder Hop Scotch – Agility
- 10 Minute Challenge
- Modifications for Inclusivity
- Adding Difficulty

For More Information, contact:

Liz Way – liz@jumprope.com

All jump ropes utilized in this workshop are 100% Made in Canada and the USA by jumprope.com– and are available from:

- Gopher Sport (accelerope speed rope line and jump2bfit® programs)
- Palos Sports (KangaRope™ beaded ropes, recess kits and jump2bfit® programs)
- Toledo Physical Education Supply (KangaRope™ beaded ropes & jump2bfit®)
- US Games (KangaRope™ beaded ropes)
- www.jumprope.com - USA orders shipped from Heartbeat Enterprises Inc. in MD

Use coupon code AAHPERD to save 10% off any of our products including elitejumper™ line, sale items and volume discounts until May 31 2013.

Rope Types and Sizing

Speed-Style Ropes are lightweight and easy to turn. They are advisable for group class purposes, as these ropes are easily adjustable for use in multiple classes (by tying knots) where participants vary in height.



Fitness & Training Speed Ropes are similar to the standard speed style ropes with larger handles and heavier cord and are often favored in high school classes.



Beaded-Style Ropes are not as easy to adjust for multiple users but the added weight keeps a good turning arc and the sound of them hitting the floor helps develop rhythm. These ropes are best for outdoor programs.

PowerBead™ Ropes have double thick beads with larger 5” handles making them ideal for conditioning workouts and training. A weighted rope is a great for speed and double under training as well as to increase the overall intensity of your workout.

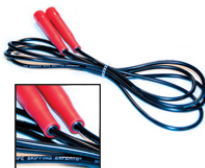


Other rope styles:



elitejumper™ litespeed™ A unique, ergonomic designed aircraft grade aluminum handle (eliminating forearm fatigue) with our custom designed teardrop™ ball-bearing that is replaceable and held in place by a shaft collar and set screw. The elitejumper™ litespeed™ provides an **ultra-smooth and fast turning motion for speed and multiple under training.** This style can use wire or pvc cords.

elitejumper™ XL speed uses heavier aluminum handles with foam cushioning with a ball bearing and swivel system. The elitejumper™ speed provides an **ultra-smooth and fast turning motion for speed and multiple under training** This style can use wire or pvc cords.



elitejumper™ Fitness & Training Speed Ropes are similar to the standard speed style ropes with larger handles and heavier cord but features a stainless steel ball bearing press fit into the tips. The ball bearing allows for smoother and quicker turning of the rope.

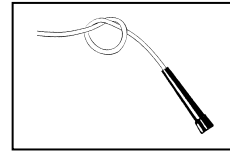
Rope Length

Choose from 7, 8, 9, 10 or 11 ft. lengths depending on the height of the individual (see chart below). Speed-style ropes are best for multi-user purposes since they are easily shortened (tie knots to adjust) for different participants:

| Rope Length | Participant's Height |
|-------------|----------------------------|
| 7 ft. | Up to 4 ft. 10 in. |
| 8 ft. | 4 ft. 10 in. - 5 ft. 3 in. |
| 9 ft. | 5 ft. 4 in. - 5 ft. 10 in. |
| 10 ft. | 5 ft. 11 in. – 6 ft. 3 in. |
| 11 ft. | 6 ft. 4 in. and taller |

To determine the approximate rope length for an individual participant, stand on the centre of the cord. The handle tips should reach to the armpits. As the rope is jumped, it should just brush the floor beneath the feet. If the cord doesn't touch the floor, the rope is too short. If the cord hits the floor in front of the skipper, the rope is too long and should be shortened. **Note that more experienced participants will hold their hands lower which requires a shorter rope.**

To shorten a speed rope, place a knot in it as seen here.



To shorten a beaded rope, untie the knot, remove beads and retie. Be sure to use a figure 8 knot for safety.

Safety First!

General Suggestions

- Wear athletic shoes with athletic socks, preferably aerobic or at least cross-training shoes.
- Wear comfortable, fitness clothing.
- Allow adequate space around each participant. Make sure the floor is smooth, flat, dry, and clear of other equipment or articles.
- Warm up before jumping rope.
- Emphasize the importance of a cool down/appropriate stretching.
- Participants should put their heels down from time to time while jumping.

Justification

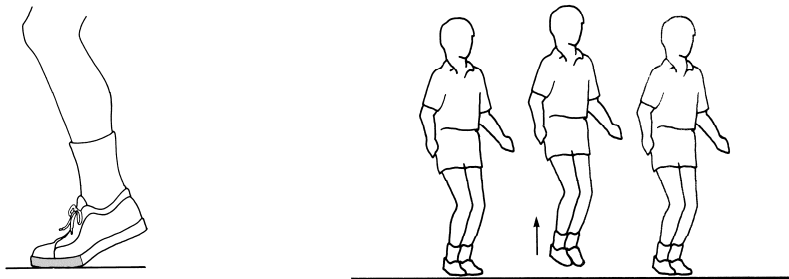
- Proper footwear helps to protect the participant from joint injury.
- Enhances comfort, skill development and injury prevention.
- Prevents participants from being hit with a rope, slipping, or tripping.
- Lowers risk of injury.
- Participants will avoid sore, tight muscles.
- Avoids damage to the Achilles tendons.

- Beginners should start slowly, taking time for active rest when necessary and gradually building up to a more vigorous level over a period of days or weeks.
- When teaching skills be sure that the basics are mastered before moving on to more complex skills.
- Watch that the correct rope size is being used
- Jump rope can quickly raise the heart rate above the training zone if done inefficiently or too intensely. **Participants can complete the skills without a rope or with low impact as alternatives (active rest).**
- This will allow the participants to have more success and will ensure they have the strength and co-ordination to complete the skills
- Using a rope that is the incorrect length (too long or too short) can cause tripping hazards



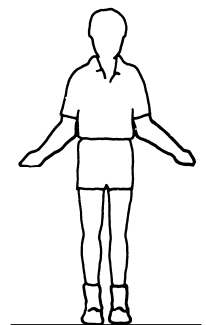
Emphasize that participants can self-modify with low or no impact movements with or without the rope with a goal to increase jumping with rope over time.

Biomechanics of Jump – this is critical for safety and success



To perform a Two-Foot Jump, the participant keeps both feet together and uses low, relaxed bounces (only high enough for a rope to pass under) with soft landings. Participants should occasionally put their heels on the ground as they land, as this will help prevent the shortening of the Achilles tendon and avoid discomfort and injury.

Participants keep their elbows close to their body. Hands are 10 to 12 in. away from the body (palms facing forward) and a little below waist height. Note the posture of the jumper. Head is facing forward, shoulders back, abdominals are activated, posture erect. A common error is for a jumper to roll the shoulders and lean forward.



Teaching Progression:

Two Foot Jump:

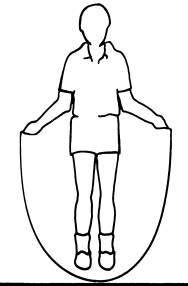
1. Jump with no rope to ensure proper jump
2. Jump with rope swung at side for coordination of jump and turning
3. Toe catch
4. One jump → two jumps → 10 jumps → 20 jumps → 50 jumps → 100 jumps

Further skills:

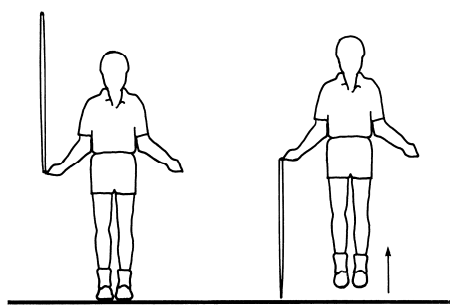
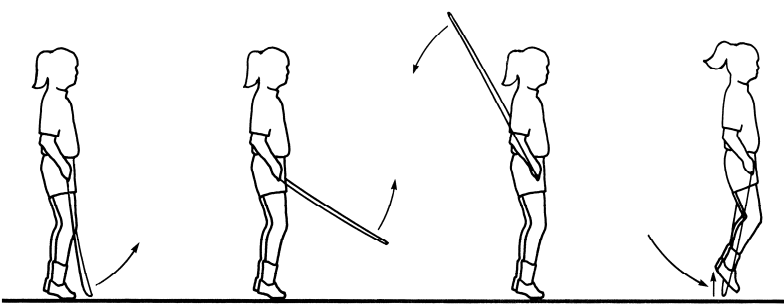
1. One foot skills (take off and land on one foot)
2. Basic arm actions (side swing and front cross)
3. Rotations (body pivots to change direction)
4. Advanced arm actions (intricate arm actions)
5. Advanced strength skills (consecutive and multiple double unders)
6. Combined skills (combinations of the above).

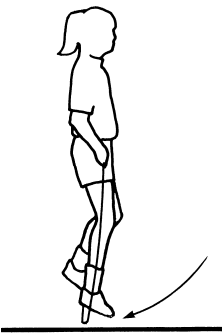
Note: this workshop will only cover skills pertinent to drills discussed

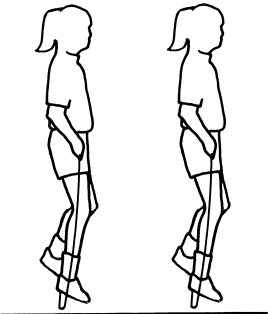
Basic Skills

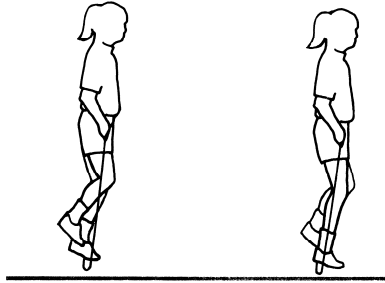
| Two-Foot Jump | Technique | Common Errors | Teaching Tips |
|---|--|--|---|
|  | <ul style="list-style-type: none"> -posture is erect, looking straight ahead -legs are together -take off and land on both feet -jump over the rope on each turn | <ul style="list-style-type: none"> -jumping too high -heavy landings -poor posture -poor arm actions | <ul style="list-style-type: none"> -land softly on the balls of the heels, putting the heels down occasionally -avoid looking at the floor -use small wrist turning action |


Backwards Skipping

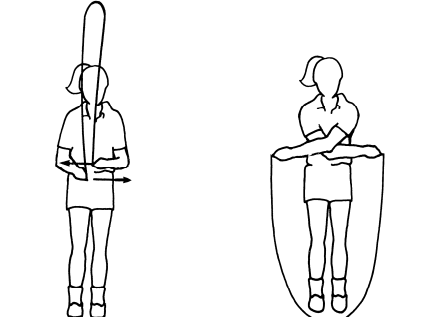
| | |
|---|--|
|  |  |
| <p>Turn the rope backwards BESIDE you and practice jumping to match.</p> | <p>Begin with the rope in front of the feet. Make one large, backward arm circle, then continue turning the rope using the wrists.</p> |

| One-Foot Jump | Technique | Common Errors | Teaching Tips |
|---|---|---|--|
|  | <ul style="list-style-type: none"> -posture is erect -jump repeatedly on one foot on each turn of the rope -practice jumping on the other foot | <ul style="list-style-type: none"> -irregular rhythm -kicking heels back -bending over | <ul style="list-style-type: none"> -leader claps a rhythm to match -look forward at a spot on the wall for concentration and posture |

| Boxer | Technique | Common Errors | Teaching Tips |
|--|--|---|--|
|  | <ul style="list-style-type: none"> -posture is erect -jump twice on each foot (2x on right, 2x on left...) | <ul style="list-style-type: none"> -irregular rhythm -kicking heels back -difficulty switching from one foot to the other -after each pair of jumps | <ul style="list-style-type: none"> -leader claps a rhythm to match -reduce number of One-Foot Jumps on each foot until the skipper is jumping twice on each foot |

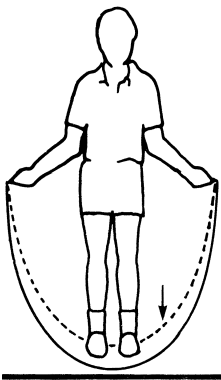
| Alternating Step | Technique | Common Errors | Teaching Tips |
|---|---|---|---|
|  | <ul style="list-style-type: none"> -jump alternating feet from left to right, left, right -posture is erect -begin slowly and gradually increase speed as skill improves | <ul style="list-style-type: none"> -irregular rhythm -kicking heels back or out | <ul style="list-style-type: none"> -leader claps a rhythm to match -reduce number of One-Foot Jumps on each foot until the skipper is jumping once on each foot |

| High Step | Technique | Common Errors | Teaching Tips |
|---|--|---|--|
|  | <ul style="list-style-type: none"> -do a Two-Foot Jump, then raise one knee, Two-Foot Jump, raise the other knee... -keep body weight over jumping foot for balance -raise knee to at least waist height, point toe | <ul style="list-style-type: none"> -irregular rhythm -slow weight transfer -not raising knee high -losing balance | <ul style="list-style-type: none"> -look forward at a spot on the wall for concentration and posture -leader claps a rhythm to match -begin with a “low” raised knee to help keep balance and gradually increase height |

| Front Cross | Technique | Common Errors |
|--|---|--|
|  | <ul style="list-style-type: none"> -as the rope goes over the head, stretch to cross arms in front of body -jump through the loop created by crossing arms -arms uncross as the rope goes over the head on the next turn of the rope | <ul style="list-style-type: none"> -rope loop too small to jump through because elbows not touching -holding crossed arms too high or too low -catching a foot in the rope -pointing handle tips up, down or into the body (causing the rope to touch the body and stop) |

Teaching Tips:

- participant may remain stationary while swinging rope
- “walk” through the skill before trying it with a jump
- practice crossing and uncrossing**
- practice keeping arms crossed for four turns before uncrossing
- create a pattern of crossing and uncrossing
- using a slightly longer rope will yield a bigger loop to jump through

| Double Under | Technique | Common Errors |
|---|--|---|
|  | <p>Always take off and land on two feet for this skill. The rope goes under the feet <u>twice</u> on each jump of the rope.</p> <p>Practice jumping higher than usual. Practice the jump first without the rope. Next swing the rope beside the body using the turning action with a high slow jump. Finally, use the rope to practice the higher jumps, but making it go under the feet only once on each jump.</p> | <ul style="list-style-type: none"> -using arm actions instead of just wrists -not jumping high enough |

Selected Drills

1. Walls – Agility/Coordination

The instructor names the four walls as appropriate (e.g., If one wall has mirrors, one is blue, one green and one is an open section with equipment, then name the four: mirror, equipment, blue, green).

Participants begin by jumping their rope in time with the music/clapping/counting. When the instructor calls out the name assigned to one of the walls, the participants travel toward that wall (continuing to face forward) so they are moving either forward, backward, to their right or to their left.

2. Box – Lateral Stability/Coordination

The instructor places four cones (or tape marks) to form a square, all approximately 15 feet apart.

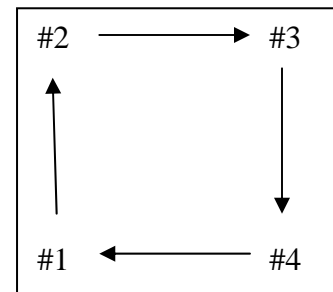
Participants forward from cone #1 to cone #2 using alternating step (or for beginners, two foot jump).

When participant reaches cone #2, participant skips to cone #3, still facing forward, using alternating step lateral movement.

When participant reaches cone #3, participant skips moving backwards (still facing forward) using alternating step to cone #4.

Participant finishes drill moving from cone #4 to cone #1 using alternating step lateral movement facing forward.

To add difficulty – change direction of rope to backward for #2 - #3 and #3 - #4.



3. 10 up, 10 down – Speed and Power

Participants alternate between right and left feet, increasing the repetitions per foot until at 10 on each side. Then decrease back to 1 on each side.

(e.g., RL, RLL, RRLL, RRRLLL, RRRRLLLL, RRRRLLLLL, etc)

To add difficulty, speed can be increased for each repetition increase.

4. 15 Second Speed Drill

Have participants partner up. One partner is the counter, the other is the jumper. The jumper can use alternating step, two-foot jumps or even swing the rope at the side of the body while jumping. The counter will count how many jumps the jumper performs in 15 seconds. Switch roles and then repeat a second time. Try to use this drill on a weekly or daily basis and participants can track improvement over time.

5. Boxer Drill – Speed and Power

Participants perform 8 count combination (boxer right, boxer left, alt r/l/r/l)
Music or clapping tempo increases.

6. Double Under Challenge – Strength and Power

Participants start with double under on 8 count (eg. 7 two foot jumps or alternating step, then double under). Repeat 4x. Next, double under on 4 count. Repeat 4x. Next, double under on 2 count, repeat 4 x. 8 double unders. Repeat combo.

7. Drill: Pushup – Strength and Power

Participants start with two-foot jumps. After jumping over the rope bend forward at the hips placing hands on the floor in front of the body and legs stretched out behind with neck, back, hips and legs aligned in push up position. After bringing feet back to start position, and while moving back to upright stance, jump the rope again.

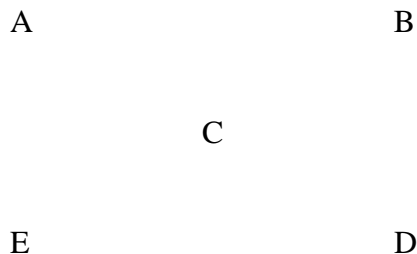
Modifications: No rope, advanced pushup options.

8. Drill: Mountain Climber – Strength and Power

Participants start with two-foot jumps. Bend forward at the hips and bring the rope over head to be in front of body. Hands are turning rope to hit ground in front and step back with the right leg into a running race starting position – left leg is bent at 90 degrees at the knee and the right leg is straight out behind body. Rope is then brought under the body. Switch legs so the right leg is bent at 90 degrees at the knee and the left leg is straight out behind body. Alternate as long as desired.

9. Drill: X-Drill – Agility and Power

Place five x marks with tape on the floor about 2-3 feet apart like so:



Version 1: Straddles

- Straddle the A & B X's
- Two-Foot Jump at C
- Straddle the D & E X's
- Repeat moving back to start position

Version 2: Power Jump

- Move using slalom footwork as follows: A B C D E D C B A and repeat

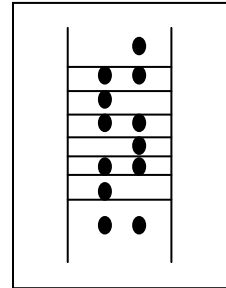
Version 3: Double Unders

- Same movement pattern as in Version 2 but using double unders

10. Drill: Ladder Hopscotch– Agility

Instead of using an actual agility ladder, mark out with tape hash marks a ladder on the ground – as long as required.

Participant starts with feet together for basic jump at bottom of ladder.
Participant lands on left foot only on first rung of the ladder.
Jump off on left foot, landing on two feet on next rung of the ladder.
Jump off on two feet, land on right foot on next rung of the ladder.
Continue until the end of the ladder in this pattern.



Most agility ladder drills can be adapted for use with a jump rope.

11. 10 Minute Challenge

Goal: To skip for 10 minutes without stopping at 160 bpm.

For many, mini goals required to reach the goal of 10 minutes

- 15 seconds skipping, 1 minute marching intervals
- 30 seconds skipping, 15 seconds skipping, 30 seconds marching intervals, etc.
- For those for whom this is easy, try backwards skipping, crosses, etc.

Modifications

- All skills for drills can be performed without a rope.
- As well, they can be performed with low impact. This allows for maximum participation in a PE setting.
- Participants may set a goal of gradually increasing time with impact/with rope to eventually perform all skills and drills with rope.

Adding Difficulty

- Tempo changes
 - Constant (using faster music/counting/clapping) e.g. try agility ladder drills at faster and faster pace
 - Increasing and decreasing throughout drill
 - Footwork changes (e.g., use grapevine in the box drill)
 - Combining upper body and lower body skills
 - Directional changes (e.g., do the agility ladder drill with rope backwards)
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For many more skills and drills check out *Jump Rope for Fitness and Conditioning™* book and DVD available via www.jumprope.com including over 70 skills and drills.

Looking for a curriculum resource?

Our jump2Bfit® program developed by jump rope pioneer Susan E. Kalbfleisch MEd has been used by thousands of educators since 2002 – 170 page manual (includes single rope, partner, group routines, double dutch and long rope skills, a 10 week curriculum with lesson plans, how to plan events etc.), DVD of all skill clips, CD of instrumental music, 4 wall charts & sample kids booklet – available on its own or with discounted speed or beaded ropes.

