

## LEVEL 1 SKILLS COACHING

Created by Billy Smale for the Alberta Skipping Association

The Alberta Skipping Association is a registered not-for-profit society created in 1989 by a collective of competitive rope skipping clubs. The ASA is Alberta's governing body for competitive rope skipping, and sanctions recreational, regional and provincial championships.

The ASA has representatives from across Alberta who sit on the Board of Directors and committees.

The ASA is also a provincial associate of the Canadian Rope Skipping Federation. It is also associated with International Rope Skipping Federation.

ASA mission: The Alberta Skipping Association promotes active living through the sport of rope skipping for children and adults in Alberta.

**WWW.ALBERTAROPESKIPPING.COM**



## ATHLETE'S HANDBOOK

### LEVEL 1 SKILLS COACHING

The Alberta Skipping Association has created this program to assist new coaches and athletes in learning and excelling at the sport of rope skipping. Throughout your program you will learn techniques to assist in skill building, allowing you to become a more skilled athlete in the sport.

Athlete Name





## GREEN STRIPE SKILL DESCRIPTIONS

### Double Dutch

Turner Intro (no jumpers)

1. Double dutch mime - with only one long rope, the partners will "mime" the use of the second rope.
2. Clean starts - turners will pull back from each other until ropes are tight. Together they will start turning. As ropes start to swing properly, the turners will walk toward each other until ropes are touching the ground.
3. Follow the leader - one partner will be the "leader". She will move, forward, back, left and right. The "follower" will mirror the leader. Switch leaders half way through.
4. High/medium turning - one turner will turn with arms reaching high while the other is in the medium (normal) turning position. Ropes must stay clean and jumpable.
5. Medium/low turning - one turner will get as low to the ground as possible (staying on feet) while the other is in the medium (normal) turning position. Ropes must stay clean and jumpable.
6. High/low turning - one turner will get as low to the ground as possible (staying on feet) while the other turns with arms reaching high. Ropes must stay clean and jumpable.
7. Low/low turning - both turners are low.
8. High/high turning - both turners are reaching high.

### Partner Skipping

Wheel Introduction

1. Jumping pair - one athlete jumping in rope. Partner who is outside of rope jumps in time with the other partner.
2. Beginner wheel - athlete 1 holds the right side handle of their rope and the right side handle of their partner's rope. Athlete 2 holds the both left side handles. Ropes start behind partners. Both partners turn and jump the ropes together .
3. Bounce and swim - the swimming motion of having one arm up when the other hand is up is the basis for learning Chinese wheel. Athletes will practice jumping while "swimming".



## WELCOME

The \_\_\_\_\_ Rope Skipping Club is in its \_\_\_\_ year, and we're excited that you've decided to join us! During your time with us you will learn new and amazing rope skipping skills, play fun games, and meet really great people with a common interest in rope skipping. Let's meet some of them now!

**Head Coach** \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

**Assistant Coaches** \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

## PRACTICE INFO

All club practices will be held on:

- ( ) Mondays @ \_\_\_\_\_ ( ) Friday @ \_\_\_\_\_  
 ( ) Tuesdays @ \_\_\_\_\_ ( ) Saturday @ \_\_\_\_\_  
 ( ) Wednesdays @ \_\_\_\_\_ ( ) Sunday @ \_\_\_\_\_  
 ( ) Thursdays @ \_\_\_\_\_

Location: \_\_\_\_\_  
 \_\_\_\_\_

### **Rules**

1. All participants MUST be wearing clean athletic shoes with socks.
2. Chewing gum or eating while rope skipping is not permitted.
3. Long hair must be tied back.
4. Please bring a labeled water bottle.
5. Parents and siblings are not permitted on the gym floor during practice or competition.
6. Injuries can happen, especially when rules are not followed. All athletes are expected to follow the rules set out by your coach. Whipping the rope is dangerous, it will not be tolerated.



## RED STRIPE SKILLS

### Single Rope

### Long Rope

1	<b>Basic Jumps</b>	<b>Turning Skills</b>	1
2	1. Playground bounce	1. Basic turning 1	2
3	2. Double bounce	2. Basic turning 2	3
4	3. Single bounce	3. Clean turning start	
	4. Backward double bounce	<b>Jumping Skills:</b>	1
		1. Double bounce jumps - no entry	2
1	<b>Feet Together Skills</b>	2. Double bounce x 10	3
2	1. Skier	3. Skier	4
3	2. Bell	4. Bell	5
4	3. Box	5. 180 - right	6
5	4. Twister	6. 180 - left	
	5. Two-foot rope trap		
	<b><u>Partner Skipping</u></b>		
1	<b>Starts</b>	<i>Unless otherwise stated, athletes must complete each element five times in a row to earn the sticker/stamp.</i>	
2	1. Basic forward		
	2. Basic backward		

## RED STRIPE SKILL DESCRIPTIONS

### Single Rope - Basic Jumps

1. Playground jump - staggered step over the rope as it comes down.
2. Double bounce - feet together, small bounce between jumps over rope.
3. Single bounce - feet together, rope passes under feet after each jump.
4. Backward double bounce - feet together, small bounce between jumps over rope, performed skipping backward.



## Green Stripe Skill Descriptions

### Exits

1. Through legs - jumper will exit toward a turner (whose legs are straddled) and duck and crawl through legs to complete the exit.
2. Cartwheel after exit - jumper will exit ropes out the centre (instead of toward a turner). After jumper has cleared the ropes, cartwheel.

### Jumping Skills

1. Penny pickup - jumper will pick up a penny from the floor without stopping the ropes.
2. Spider - jumper will cross the forearms and grasp the back of the knees (right hand to left knee). Elbows rest on knees to support back. In this position jumper jumps and spin in a circle in ropes.

### Turning Skills

1. Up the ladder - on count "ready, set, go" turners will swing the rope as high as possible (rope doesn't hit ground). Jumper squats and rope swings over head. On the next jump the rope and jumper return to normal.
2. Swing-away - on count "ready, set, go" turners will pull rope to the side (the side the rope is being held on). The jumper will jump to opposite side to avoid being hit by the rope. On the next jump the rope and jumper return to normal.
3. 2-turner spin through - with a jumper in the rope both turners will spin through at the same time.
4. Rope direction change - just after the rope hits the ground, the turners will "stall" the rope to keep it from going around again. Instead the rope will start swinging the opposite direction. The stall should be smooth and allow the jumper to do one bounce before they jump over it again.



Green Stripe  
Skill Descriptions

**Single Rope cont'd**

Arm-work Skills

1. Side cross - right-a) side swing to the right, b) right arm swings up and across landing on top of left arm in cross position c) open. Repeat on left side.
2. Side cross- left-a) side swing to the left, b) left arm swings up and across landing on top of right arm in a cross position c) open. Repeat on right side.
3. Alternating side cross - a) side cross to right b) right arm crosses body (right arm on top), c) side cross to left d) left arm crosses body (left arm on top) e) open.

Backward Skills

1. Side straddle - side straddle jumping rope backward.
2. Front straddle combo - front straddle combo jumping rope backward.
3. Front straddle switch - front straddle switch jumping rope backward.

Strength Skills

1. Beginner donkey kick - a) athlete will place hands on the ground, grasping the handles with fingers b) they will kick into handstand c) bring feet safely down from handstand and stand up d) jump over rope.

**Long Rope**

Entrances

1. 360 entrance - while jumping over the rope on entrance, full-turn.
2. Through legs - jumper will crawl through a turners straddled legs before entrance into long rope.



RED STRIPE  
SKILL DESCRIPTIONS

**Single Rope Cont'd**

Feet Together Skills

1. Skier - feet together, jumps from right to left.
2. Bell - feet together, jumps forward and backward.
3. Box - feet together, jumps in a square pattern - right, forward, left, backward.
4. Twister - feet together, hips and knees twist right 45 degrees, then left. Shoulders stay stationary.
5. Two-foot rope trap - pull toes up with heels in ground as rope comes down. Step on rope to stop it.

**Partner Skipping**

1. Basic forward - each partner holds one handle of the rope. One partner starts in front of the rope and will jump. As a team they turn the rope.
2. Basic backward - each partner holds one handle of the rope. One partner starts behind of the rope and will jump. As a team they turn the rope.

**Long Rope**

Turning Skills

1. Basic turning 1 - turner A holds rope in right hand, turner B in left.\*  
Rope should come down when turner's hand is at mid-line of body.
2. Basic turning 2 - turner B holds rope in right hand, turner A in left.\*  
Rope should come down when turner's hand is at mid-line of body.
3. Clean turning start - turners quickly say "Set, go" and pull the rope into motion to start rope.  
\* (for all long rope turning in this booklet, use this format.)

**Jumping Skills**

1. Double bounce - athlete starts between two turners.
2. Double bounce x 10 - athlete must successfully perform 10 jumps.
3. Skier - feet together, jumps from right to left.
4. Bell - feet together, jumps forward and backward.
5. 180 right - athlete establishes double bounce, then spins to the right.
6. 180 left - athlete establishes double bounce, then spins to the left.



## ORANGE STRIPE SKILLS

### Single Rope

### Long Rope

1	<b>Feet Apart Skills</b>	<b>Entrances</b>	1
2	1. Side straddle	1. Entrance from right	2
3	2. Front straddle - right	2. Entrance from left	3
4	3. Front straddle - left	3. Under duck	4
5	4. Front straddle combo	4. Jump the stream	
6	5. Front straddle switch		1
7	6. Straddle combination	<b>Skills</b>	2
	7. X	1. Twister	3
		2. Side straddle	4
1	<b>Backward Basics</b>	3. Front straddle switch	5
2	1. Double bounce x 20	4. 360 - right	6
	2. Single bounce x 10	5. 360 - left	7
1		6. Double bounce x 40	8
2	<b>Traps</b>	7. 1-foot jump x 5 - right	
	1. Right foot trap	8. 1-foot jump x 5 - left	
	2. Left foot trap		
1			
2			

*Unless otherwise stated, athletes must complete each element five times in a row to earn the sticker/stamp.*



## GREEN STRIPE SKILLS

### Double Dutch

### Partner Skipping

1	<b>Turner Intro (no jumper)</b>	<b>Wheel Introduction</b>	1
2	1. Double dutch mime	1. Jumping pair	2
3	2. Clean starts	2. Beginner wheel	3
4	3. Follow the leader	3. Bounce and swim	
5	4. High/medium turning		
6	5. Medium/low turning		
7	6. High/low turning		
8	7. Low/low turning		
	8. High/high turning		

## GREEN STRIPE SKILL DESCRIPTIONS

### Single Rope

#### Rhythm Skills

1. Alternating step - in a single bounce the athlete jumps first on the right side, then the left, then right. Repeat 40 times.
2. Hopscotch kick - straddle to one-foot jump on left foot (right heel kicked toward bum), to right heel tap.
3. The boxer - two jumps on right foot, then two jumps on left foot.
4. Straight kick - right - two-foot jump to straight kick (at waist height) with right leg to two-foot jump. Repeat.
5. Straight kick - left - two-foot jump to straight kick (at waist height) with right leg to two-foot jump. Repeat.
6. Can can x 3/side - a) two-foot jump b) right knee c) two-foot jump d) right straight kick. Repeat on left side.
7. Heel-toe - a) heel tap right b) toe right c) heel tap left d) toe tap left.



## GREEN STRIPE SKILLS

### Single Rope

1	Rhythm Skills
2	1. Alternating step
3	2. Hopscotch kick
4	3. The boxer
5	4. Straight kick - right
6	5. Straight kick - left
7	6. Can can x 3/side
	7. Heel-toe
	Arm-work Skills
1	1. Side cross - right
2	2. Side cross - left
3	3. Alternating side cross
	Backward Skills
1	1. Side straddle
2	2. Front straddle combo
3	3. Front straddle switch
	Strength Skills
1	1. Beginner donkey kick

### Long Rope

1	Entrances
2	1. 360 entrance
	2. Through legs
	Exits
1	1. Through legs
2	2. Cartwheel after exit
	Jumping Skills
1	1. Penny pickup
2	2. Spider
	Turning Skills
1	1. Up the ladder
2	2. Swing-aways
3	3. 2-turner spin through
4	4. Rope direction change

*Unless otherwise stated, athletes must complete each element five times in a row to earn the sticker/stamp.*



## ORANGE STRIPE SKILLS

### Partner Skipping

1	Entrances and Exits	Jumping Skills	1
2	1. Single jumper entrance forward	1. Forward to backward turn	2
	2. Single jumper entrance backward	2. Backward to forward turn	3
		3. Alternating jumper	
1	Turning Skills		
2	1. Spin through - right		
	2. Spin through - left		

## ORANGE STRIPE SKILL DESCRIPTIONS

### Single Rope Skills

- Side straddle - feet split left and right after jumping over the rope but before landing. Jumping jack motion.
- Front straddle-right - right foot moves forward, left moves back. Return to centre after each jump.
- Front straddle-left - left foot moves forward, right moves back. Return to centre after each jump.
- Front straddle combo - right front straddle, centre jump, left front straddle.
- Front straddle switch - right front straddle, left front straddle.
- Straddle combination - side straddle, right front straddle, left front straddle.
- X - side straddle, then jump to feet crossing right over left, then side straddle, then feet crossing left over right.



## ORANGE STRIPE SKILL DESCRIPTIONS

### Single Rope Skills cont'd

#### Backward Basics

1. Double bounce x 20 - 20 successful backward double bounce jumps in a row.
2. Single bounce x 10 - 10 successful backward single bounce jumps in a row.

#### Traps

1. Right foot trap - right moves forward, toe up, weight on heel. As rope hits the ground, right foot lands on then rope.
2. Left foot trap - left moves forward, toe up, weight on heel. As rope hits the ground, left foot lands on then rope.

### Long Rope

#### Entrances

1. Entrance from right - jumper starts 25-50 cm from a turner's right arm and enters the long rope.
2. Entrance from left - with rope moving in the same direction as (1), jumper starts 25-50 cm from the same turner's left arm and enters the long rope.
3. Under duck - starting outside the rope, the turners turn the rope so it come from the top as it passes the athlete's face. Athlete enters from the centre (instead of from beside turners). As the rope hits the ground the athlete runs, following the rope. The athlete will not jump the rope.
4. Jump the stream - the same as the under duck, but the rope is traveling the opposite direction, forcing the athlete to jump it once on her way between the turners.

#### Skills

1. Twister - feet together, hips and knees twist right 45 degrees, then left. Shoulders stay stationary.
2. Side straddle - feet split left and right after jumping over the rope but before landing. Jumping jack motion.
3. Front straddle switch - right front straddle, left front straddle.



## YELLOW STRIPE SKILL DESCRIPTIONS

#### Jumping Skills

1. Ground touch - one hand - As the athlete jumps over the rope they will landing a squat and tap the ground with one hand.
2. Ground touch - both hands - As the athlete jumps over the rope they will landing a squat and tap the ground with both hands.

### Double Dutch

#### Entrances

1. Basic double dutch entrance step - without ropes, athletes will start with the left foot forward, with weight on that foot. On "go" from the call "ready, set, go", the athlete will step forward with the back foot, then jump forward landing on both feet. Then the athlete will hop in a single-jump fashion.
2. Basic double dutch entrance - follow the steps of (1). Call "ready", "set" and "go" each time the rope closest to the athlete hits the ground. The athlete must go immediately on "go".

### Partner Skipping

#### Entrances

1. Jump through - the turner holding the rope in the right hand will spin the opposite direction as the rope when the rope hits the ground (opposite of the spin through). As the rope begins to come down, the athlete will jump over it with her feet together.

#### Jumping Skills

1. Half Cross - set up so that one athlete can jump into the rope for backward jumping. Instead of facing the direction needed for backward jumping, face the other direction. Reach across the body with the arm holding the handle.
2. Skier - the jumper will do the skier skill in the rope.
3. Bell - the jumper will do the bell skill in the rope.
4. Side straddle - the jumper will do the side straddle in the rope.
5. Front straddle switch - the jumper will do the front straddle switch in the rope.
6. Double/single rhythm change - with one partner jumping the rope the pair will do 4 double bounces, then 4 single bounces, then return to double bounces. Repeat the series 10 times before switching.



## YELLOW STRIPE SKILL DESCRIPTIONS

### Single Rope Cont'd

10. Toe tap - right - tap right toe in line with the heel of the left foot. Toe should be pointed. Jump in this position 5 times.
11. Toe tap - left - tap left toe in line with the heel of the right foot. Toe should be pointed. Jump in this position 5 times.
12. Toe tap switch - switch between right toe tap and left toe tap. No two-foot jumps between switches.

### Arm-work Skills

1. Side swing without jump - with one hand on each handle, press knuckles together. Swing a figure-8, where the rope swings to the right side, then the left side. Repeat.
2. Double side swing with jump - start with rope behind the feet. Swing the rope over the head and perform two side swings. After the second side swing open the arms as the rope comes down and jump.
3. Side swing - right - one side swing to the right, open and jump.
4. Side swing - left - one side swing to the left, open and jump.
5. Cross - arms cross in front of the body. Elbows should be touching, and bottom arm should lay tight against the stomach.
6. Beginner pushup - athlete will place hands on the ground, grasping the handles with fingers. They will then walk or hop into a pushup position (with arms straight). Then they will hop/walk back to feet. Finally the athlete will jump the rope.

### Long Rope

#### Exits

1. Exit to turner - right - athlete will jump over the rope during the exit and will jump toward the turner's right side.
2. Exit to turner - left - Athlete will jump over the rope during the exit and will jump toward the turner's left side.

#### Turning Skills

1. Spin through - right hand - with a jumper in the long rope, the turner holding the rope in the right hand will spin the same direction as the rope when the rope hits the ground. It appears that the turner "follows the rope around".



## ORANGE STRIPE SKILL DESCRIPTIONS

4. 360 right - spin to the right, completing a 360 degree turn in 1 jump.
5. 360 left - spin to the left, completing a full 360 degree turn in 1 jump.
6. Double bounce x 40 - 40 successful double bounce jumps.
7. 1-foot jump x 5 - right - 5 successful double bounce jumps on right foot.
8. 1-foot jump x 5 - left - 5 successful double bounce jumps on left foot.

### Partner Skipping

#### Entrances and Exits

1. Single jumper entrance forward - athlete holds the rope in right hand and turns the rope so that it swings down toward the feet when jumping into the rope. After rope is turning, athlete jumps in and starts jumping forward.
2. Single jumper entrance backward - athlete holds the rope in left hand and turns the rope in the same direction as (1). After rope is turning, athlete jumps (facing the opposite direction in and starts jumping backward).

#### Turning Skills

1. Spin through - right - holding the rope in the right hand, a turner will spin the same direction as the rope when the rope hits the ground. It appears that the athlete "follows the rope around".
2. Spin through - left - holding the rope in the left hand, a turner will spin the same direction as the rope when the rope hits the ground. It appears that the athlete "follows the rope around".

#### Jumping Skills

1. Forward to backward turn - after an athlete enters the rope, jumping forward, he will turn 180 degrees to face the opposite direction. The athlete will switch hands at the same time.
2. Backward to forward turn - after an athlete has completed (1) and is jumping backward she will turn in the same direction to complete the full turn, switching hands again.
3. Alternating jumper - one of the partners jumps into the rope for one jump and exits. As the jumper exits the second partner jumps into the rope for one jump and exits. Repeat.



## YELLOW STRIPE SKILLS

### Single Rope

1	Rhythm and Feet Skills
2	1. Rhythm Change
3	2. Two-foot, right-foot
4	3. Two-foot, left-foot
5	4. Two-foot, one-foot x 10
6	5. High knee - right
7	6. High knee - left
8	7. Heel taps - right
9	8. Heel taps - left
10	9. Heel tap switch
11	10. Toe tap right
12	11. Toe tap left
	12. Toe tap switch
	Arm-work Skills
1	1. Side swing without jump
2	2. Double side swing with jump
3	3. Side swing - right
4	4. Side swing - left
5	5. Cross
6	6. Beginner pushup

### Long Rope

1	Exits
2	1. Exit to turner - right
	2. Exit to turner - left
	Turning Skills
1	1. Spin through - right hand
2	2. Spin through - left hand
	Jumping Skills
1	1. Ground touch - one hand
2	2. Ground touch - both hands
	<u>Double Dutch</u>
	Entrances
1	1. Basic double dutch entrance step
2	2. Basic double dutch entrance

*Unless otherwise stated, athletes must complete each element five times in a row to earn the sticker/stamp.*



## YELLOW STRIPE SKILLS

### Partner Skipping

1	Entrances	Jumping Skills	3
	1. Jump through	3. Bell	4
1	Jumping Skills	4. Side straddle	5
2	1. Half Cross	5. Front straddle switch	6
	2. Skier	6. Double/single rhythm change	

## YELLOW STRIPE SKILL DESCRIPTIONS

### Single Rope

#### Rhythm and Feet Skills

1. Rhythm Change - double bounce x 2, single bounce x 2.
2. Two-foot, right-foot - in single bounces, two-foot jump x 1, right-foot jump x 1, repeat 10 times.
3. Two-foot, left-foot - in single bounces, two-foot jump x 1, left-foot jump x 1, repeat 10 times.
4. Two-foot, one-foot - in single bounces, two-foot jump x 1, right-foot jump x 1, two-foot jump, left-foot jump x 1, repeat 10 times.
5. High knee - right - in single bounces, two-foot jump, then jump with right knee at waist level, then two-foot jump, repeat 5 times.
6. High knee - left - in single bounces, two-foot jump, then jump with left knee at waist level, then two-foot jump, repeat 5 times.
7. Heel taps - right - in single bounces, two-foot jump, then jump to tap right heel ahead of left leg. Right leg is straight when tapping.
8. Heel taps - left - in single bounces, two-foot jump, then jump to tap left heel ahead of right leg. Left leg is straight when tapping.
9. Heel tap switch - tap right heel ahead of left leg. On next jump switch the foot positions so left heel taps.

