



Critical Elements & Cues for:

JUMPING FORWARD

- Rope begins behind the jumper in “ready” position
- Swing rope over the head with one big swing of the arms
- Begin to jump as the rope passes your face
- Once the first jump is completed, arms will remain by your hips
- Wrists/forearms will work together to turn the rope with small circles

Common Mistakes:

- Jumping too early
- Hands are too high
- Using the shoulders instead of the wrists to turn the rope



Critical Elements & Cues for:

JUMPING BACKWARD

- Rope begins in front of the jumper's feet in "ready" position
- Swing rope over the head with one big swing of the arms
- Begin to jump as the rope approaches your heels
- Once first jump is completed, arms will remain by your hips
- Wrists/forearms will work together to rotate the rope backward with small circles

Common Mistakes:

- Jumping too early
- Lifting hands and arms too high
- Using the shoulders instead of the wrists to turn the rope



Critical Elements & Cues for:

DOUBLE SIDE SWING JUMP

- Jumper begins by doing 2 side swings
- Once rope reaches the top position of the second side swing, open your arms
- Jump over the rope as it comes down in the open position
- Rope should fall in front of your feet to allow for a forward jump
- Repeat this cycle (2 side swings and 1 jump)

Common Mistakes:

- Opening the arms at the bottom of the swing
- Allowing the rope to fall behind the head and completing a backward jump



Critical Elements & Cues for:

CRISS CROSS

- Begin by completing a jump forward
- When the rope passes the peak of the next revolution, begin to cross your arms in front of your hips
- Arms should create a large cross in front with the handles pointing outward (give yourself a big hug)
- Jump over the rope while the arms are crossed

Common Mistakes:

- Uncrossing too soon
- Not crossing large enough
- Using the shoulders instead of the wrists to turn the rope while in the crossed position



Critical Elements & Cues for:

DOUBLE UNDER

- Begin by taking a few single bounce jumps to set up for this skill
- Jump higher than usual and turn the rope around your body two times before landing
- Try and make the rope whistle!

Common Mistakes:

- Not jumping high enough
- Not turning the rope fast enough
- Slowing down before completing the second turn



Critical Elements & Cues for:

SHARED ROPE: TURNING BASICS

- Turners begin facing each other, each holding one handle
- Handles should be in the turners' opposite hands (if one turner has the rope in their left hand, the other turner should hold it in their right hand)
- Focus on turning together while creating big, smooth circles with the rope in front of your bodies
- Create a rainbow-like arc at the top and make the rope touch the ground rhythmically at the bottom

Common Mistakes:

- Holding the handles in the incorrect hands
- Turns are not rhythmic or in sync with your partner



Critical Elements & Cues for:

LONG ROPE: TURNING BASICS

- Turners begin facing each other, each holding one handle
- Rope should begin on the same side of the body for both turners
- Use inside turning (towards the midline of your body) so that it mimics double dutch for later skills
- Create a rainbow-like arc at the top and make the rope touch the ground rhythmically at the bottom each time
- Turners should mirror each other's movements to stay in sync

Common Mistakes:

- Holding the handles in the incorrect hands
- Turns are not rhythmic or in sync with their partner



Critical Elements & Cues for:

LONG ROPE: ENTERING & EXITING

- Jumper should set up directly next to one of the turners (stand next to their shoulder)
- Jumper should be watching the rope: when the rope is up the “garage door is open” and the jumper is free to enter
- Jumper should jump in the center of the rope after entering
- When exiting, the jumper should take their last jump and leave at the same time
- The jumper should give the turner a “high 5” when exiting to ensure they are moving away from the rope

Common Mistakes:

- Entering from the middle of the rope instead of by the turner
- Not moving toward a turner when exiting (getting caught by rope)



Critical Elements & Cues for:

DOUBLE DUTCH: TURNING BASICS

- Turners begin facing each other with a rope in each hand
- Use inside turning (towards the midline of your body) – ropes will be turning towards each other without touching
- Begin with ropes held straight in front and off the ground (before beginning to turn them)
- Begin with small circles in the air, then walk towards the other turner until the ropes begin to touch the ground
- Create a rainbow-like arc at the top and make the ropes touch the ground rhythmically at the bottom each time
- Turners should mirror each other's movements to stay in sync

Common Mistakes:

- Turns are not rhythmic or in sync with their partner