Jump Rope Program

The purpose of the jump rope program is to help you develop foot speed, coordination, and kinesthetic awareness. Never jump flat footed, stay on your toes for more spring and control. Find a soft surface to do this program on. A wood basketball surface would be ideal for rope jumping. To find a rope that fits you properly place both feet in the middle of the rope and the ends of the rope should reach your armpits.

Before starting any workout, please remember to warm up and stretch properly. Incorporate speed drills into your warm up to help master the skills associated with proper running mechanics. A good warm up should last between five to ten minutes with the goal of increasing your internal, core body temperature. This increase in core temperature is normally defined when a substantial sweat is achieved. Then, take ten to fifteen minutes to dynamically stretch your entire body. Following the workouts, again, take time to warm down and stretch. Five to ten minutes is an adequate time for a warm down. The use of a static stretching program after a workout is more beneficial and should not be taken lightly. Stretching for fifteen minutes each day will increase the resting length of muscles, restore normal range of movement, encourage proper blood flow and permit increase of power with strengthening exercises.

Participate in a year round strength and conditioning program. A comprehensive program should take into consideration the specific sport and position, the time of year, physical capabilities of the athlete, and provide sound nutritional and body composition guidelines. See the sections on Muscular Strength, Cardiovascular Fitness, Performance Flexibility, Sports Nutrition, Body Composition, and Skill Development to maximize your opportunity for getting the most out of the Jump Rope program.

**Suggested Foot Patterns:** (Goal is to complete all drills in less than five minutes with good form.)

1. Both feet, 50 times
2. Left foot only, side to side, 25 times
3. Right foot only, side to side, 25 times
4. Both feet alternating, front to back, 25 times
5. Both feet, alternating, front to back, 25 times
6. Both feet, side to side 25 times
7. One foot 5 left, 5 right repeat 5 times
8. Left foot, right foot, swinging non jumping foot through 25 times each foot
9. High knee run 50 times
10. Double jumps 10 times
11. Running in place moving forward, backward, side to side 50 times