

THE COWBOY JUMP ROPE & FOOTSPEED PROGRAM

Rope jumping drills are used to develop foot coordination and speed while improving the athlete's cardiovascular conditioning. The drills also allow the athlete to develop a high degree of endurance in the knee, ankle joints which are needed to prepare for the stress of quick cuts and drills during practice sessions. Focus on making crisp foot movements and keeping a good athletic position. Always make sure that you are jumping on a surface that is not too hard on your feet and lower legs such as Field turf, grass or any other forgiving athletic surface.

SOME BASIC ROPE DRILLS

- 1) Jumping – Jumping with single bounce between each turn
- 2) Double Jump – Double foot bounce between each turn
- 3) Up and Back – 4 to 1 and back. Feet together.
- 4) Up and Back on one foot - 4 to 1 and back on one foot.
- 5) Running – Jumping while running in place. Keep knees high and foot contact quick and light.
- 6) Side to Side – 4 to 3 and back. Feet together.
- 7) Side to Side on One Foot – 4 to 3 and back on one foot.
- 8) 4 square Drill – Divide an area into four quadrants, labeling them in clockwise fashion. Jump in any number of combination for time. To increase the intensity of this drill, jump with one foot, back and forth, counter clockwise and diagonally. 1-2-3-4, 2-4-3-1, 1-4-2-3 are some different patterns.
- 9) 4 square Drill on One Foot – same combinations using one foot while jumping.
- 10) Triangle – 1 to 2 to 3 and back. Feet together.
- 11) Triangle on One Foot – Same combination using one foot.
- 12) Crossover – Feet cross each other going form 4- 3 and back. Alternate the foot that crosses in front each time.

LINE DRILLS FOR FOOTSPEED

Use a line on the floor or an use and imaginary line you make with your mind. Perform each drill by getting over the line in the manner dictated, as quickly as possible. Stay on the front part of the foot and keep feet close together.

- ◆ Perform each drill for 6-8 seconds.
- ◆ Rest for 20 - 30 seconds between each drill.
- ◆ Execute the drill as quickly as possible.

Line Drills

- 1) Side to Side – Move laterally across the line. Repeat.
- 2) Touch above line - Straddle line. Jump 4-6 inches above the line and touch feet together in air. Feet land apart straddling the line. Repeat.
- 3) Touch line - Straddle line. Feet come together on the line and separate quickly back to starting position. Repeat.
- 4) Front to Back – Start with feet together behind the line. Move front to back on line quickly. Repeat.
- 5) Crossover – Straddle the line. Left foot crosses to opposite side of line in front of the right. At the same time, the right foot crosses to opposite side of line behind left. Quickly resume starting position. Repeat with the right going in front of left and repeating this pattern each time.