

CANskip

Rope Skipping Canada
www.ropeskippingcanada.com

Single Rope Skill Development Manual

LEVELS 1-6



Why Rope Skipping?

Health Benefits of Rope Skipping

As a non-competitive, non-traditional sport, rope skipping can help people who are less active have fun and enjoy success in the gym. Rope skipping is one of the best overall physical activities for improving cardiovascular fitness, strengthening muscles, and increasing bone density in children and adults. Learning rope skipping skills develops coordination, agility and balance, which is why many high-performance athletes use rope skipping as part of their training. There are an endless number of skills and combinations to keep skippers motivated to learn, and continuously developing new skills makes exercising fun!

Other Benefits

Rope skipping provides a venue for positive social development through its strong focus on teamwork and cooperation. Leadership opportunities are built into any rope skipping program, because more advanced skippers will help teach less experienced skippers, increasing self-esteem and confidence for all. Rope skipping is inclusive and allows all ages and skill levels to participate.

CANSkip Incentive Program

CANSkip is a skill progression-based learning system for Rope Skipping in Canada.

Through the CANSkip program, skippers will develop Rope Skipping abilities from basic through to advanced skills. The skills are grouped into Single Rope, Long Rope/Double Dutch, and Partner/Group Skills.

This program was developed by Rope Skipping Canada for kids, adults, coaches, parents, teachers and as well as anyone who wants to learn the sport of rope skipping. CANSkip provides everyone with the tools to learn and teach rope skipping in their community.

This guide includes the instructional information for:

SINGLE ROPE LEVELS 1-6

Along with this guide the following resources are also available through Rope Skipping Canada:

- A progress booklet for each participant
- Detailed written descriptions of each skill
- Master Skill Sheet for easily tracking skippers' progress
- Videos to demonstrate each skill
- Achievement buttons to recognize the successful completion of each level

HOW IT WORKS

The CANSkip program is a great way to ensure that your skippers are learning skills in the correct order because all of the skills are progressively linked. Moving on to the next level will require successful completion of the preceding level. Below is the recommended way to use CANSkip.

Testing

Testing for a level as a whole is encouraged, rather than checking off skills as they are learned. Consistency is a very important part of rope skipping, so by having designated testing times, and requiring all of the skills to be demonstrated on the same day, you encourage skippers to have a greater grasp on each skill.

How levels are completed

To complete a level, the skipper must be able to demonstrate 100% of the skills with at least 80% considered “masterfully completed”. A skipper must be able to complete each skill in accordance with the required repetitions as per the progress booklet.

Mastered vs. Successful Completion

A skill is considered “successfully completed” when the skipper is able to perform the skill without the rope stopping.

A skill is considered “masterfully completed” when the skipper can demonstrate the skill with ease and good technique

- Clean arc to the rope, no wobbles
- Good posture
- Soft landings throughout the skill
- Head up, looking forward
- Small arm movements

Achievement Buttons

Skippers earn colour-coded achievement buttons by completing each level in the CANSkip program. Skippers should be recognized in front of the group each time they complete a level.

Achievement Buttons can order through the CANSkip website (www.CANSkip.com)

More information on the CANSkip program or to set up a workshop in your area, please contact: info@canskip.com

Getting Started

Sizing Your Rope

A good place to start when sizing a skipper's rope is to have them stand on the rope with both feet together. Pull the handles of the rope toward the skipper's shoulders. In this position, the ends of the handles should reach the top of the skipper's shoulders. As the skipper improves their technique the rope will need to be shortened. The best indicator is to watch where the rope hits the ground. It should hit the ground 10-20 cm in front of the skipper's toes.

Warm-up

The warm up should be at least 5-10 minutes. To be sure that all participants are benefiting, it is best to do a warm up without ropes. This can include tag games or other fun activities with continuous movement to increase skippers' heart rates and warm up their muscles. The warm-up should progress from low intensity to higher intensity. Try to include transferable skills, such as footwork, that they will need to complete during the practice session.

Stretches

Each of the large muscle groups should be stretched to prevent injuries and to warm-up the entire body. Special focus should be made on the muscle groups in the legs as they are the most active during skipping activities. Each stretch should be held for at least 20 seconds to be beneficial. Stretching as part of the warm up will help to reduce injuries and help the skippers perform at their best.

Single Rope Skills

Strategies for First-time Skippers

This is a step-by-step breakdown for teaching first-time skippers and those struggling with skipping. Rope skipping has a number of complex movements that all need happen at the right time, and in the right way. Some people learn these steps quickly and easily, while for others it's more like learning to walk. For some people learning to skip can be frustrating because they are likely surrounded by others who have already learned to skip. By using these steps for your whole group, you ensure that every participant has proper technique, while giving those participants who are still learning the chance to learn it properly.

- 1 Learning to Jump:** Start by having the skipper practice jumping in an even rhythm without a rope. Each jump should have a two-foot takeoff and landing. While the skipper is in the air the legs should be relatively straight and knees should never come up toward the chest. Each jump should be about 5 cm high and landings should be light and nearly soundless. As the skipper lands, the legs should be mostly straight, with a slight bend in the knees to absorb the impact. This step ensures that the athlete is jumping safely, and jumping high enough to get over the rope. It also demonstrates the proper form that the skipper will need when they start step 3.
- 2 Learning to Turn the Rope:** Have the skipper hold both handles in the same hand beside the body. Now have the skipper spin the rope so it mimics a forward skipping motion. The rope should swing along his/her side, lightly tapping the floor. When the skipper becomes proficient on his/her dominant side, switch to the non-dominant side. This step ensures the athlete has proper control of the rope. It also demonstrates how much energy is required to spin the rope, which is much less than many new skippers think.
- 3 Jumping While Turning the Rope:** This step is a combination of steps 1 and 2, where the skipper will demonstrate the proper technique for jumping and also the proper technique for turning the rope at his/her side. The skipper is not yet jumping of the rope. Instead, the skipper should practice jumping (being in the air) when the rope is on the ground.
- 4 Turning the Rope Over the Head:** This is a quick step for most skippers, but it's very important, because it teaches how to properly turn the rope to make it go over a participant's head. Start with the rope behind the skipper's feet, with one handle in each hand. Start by holding the arms at shoulder-height in front of the body to pull the rope tight around the legs. From here, start a large circle with each arm, keeping the arms relatively straight. Do not jump, but instead let the rope hit the skipper's feet. The rope is now in front of the feet. Now reverse the turn of the rope by starting with the hands down by the side of the legs and do a

large circle backward to force the rope up in front until it goes over the head and hits the heels of the skipper. Repeat until the skipper is able to successfully and consistently turn the rope from front to back and vice versa.

- 5 **Two-foot Bounce Skipping:** Now the skipper should be ready to start skipping. The two foot-bounce is an important first step because it allows the skipper to do dozens of basic skills that don't work with a staggered-foot or playground jump. Start in the position from step 4. As the rope comes down toward the ground the skipper should with both feet together while keeping their body upright. If the skipper jumps over the rope, have him/her work on getting the rope to turn over the head for the second jump. As the skipper becomes more proficient he/she will increase the number of successful jumps. Challenge the skipper to increase their "personal best" of consecutive skips to keep them motivated and having successes.

Basic Jumps

The *double bounce* is a skip where a mini-jump is added in between each jump over the rope. This is generally where skippers will start, and will then progress to the *single bounce*, though some skippers may start using a single bounce right away.

A *single bounce* is a skip where the rope passes under the feet on each jump.

As skippers gain experience they should be encouraged to use *single bounces*. This will make it easier to execute many different skills with CANSkip. Both the double bounce and single are used in higher-level skipping and so both of these basic jumps should be taught to skippers.

Helpful Tips on Teaching Skills

Each skill has a different combination of basic movements. By understanding each of the different movements in combination with the jump, and where the rope is, you'll start to understand the secrets to how the skills work.

Teach the skill by breaking it down into parts and focus how each body part moves. It's beneficial to teach skills without the rope first. After the movements are mastered, add the rope. Here are some specific strategies for teaching different skills:

- **Footwork Skills** - While jumping, do the foot movements without a rope. Add the rope after the foot movement is mastered.
- **Armwork Skills** - Do the arm movements without jumping and without a rope. Next add jumping and an invisible rope. Add the rope after the arm movements have been mastered.
- **Rotation Skills**- Do the arm movements without jumping and without a rope. Next add jumping and an invisible rope. Add the rope after the arm movements have been mastered.
- **Multi Under Skills** - Try the fast wrist movement in combination with the lead-up jumps (basic jumps), the higher jump, and transition back to basic jumps without the rope. Add the rope after the arm movements and jumping rhythms have been mastered.
- **Combination Skills** - Some skills combine two or more of the above skills into one skill. Try performing each body position individually, and then add them together without a rope. Add the rope after the movements have been mastered in combination.
- **Complex Skills** - Some skills have numerous jumps in order to complete them. Teach the skill one movement at a time. Then add them all together.

Running New Skills Sessions

Start by demonstrating the skill yourself or by video. You can also show it with a rope or using an "invisible" skipping rope if the skill is fairly basic. Ask the participant(s) to try the skill. If everyone can do it reasonably well, congratulate them and go to the next skill. If the skill has multiple parts, it's best to break the skill down before asking skippers to try it.

When some of your skippers are ready to move on, and others are still practicing, challenge the successful skippers to change the skill to make it more difficult. This can be done by adding a cross, adding footwork or practicing it backward. For the skippers

still practicing, make sure that the others understand the basic positions and movements of the skill and then have them try it again. Often when a major problem is corrected, other smaller problems correct themselves.

If problems persist, and the skippers are doing the main positions and movements correctly, make sure they have perfected the skill with their “invisible” skipping rope. Some skills can take weeks, months or years to perfect. When new skippers start practicing they will often learn many skills in a single practice. As the level of difficulty increases, the frequency of new skills learned will decrease. Skippers may learn every skill you teach in one day, so be satisfied if the skipper understands the basic movements of the skill and revisit it again at a future practice.

The key is to be patient! Try explaining in different ways, using different words. Look for the things the skipper is doing right and mention that **before** trying to correct the problem. Encourage the skipper and praise when there is success or a good effort is made.

Other Causes of Mistakes

1 Rope Length

- a A rope that is too long tends to hit the ground too far in front and bounce up into the skipper’s feet.
- b A rope that is too short will either hit the skipper’s toes or the back of their head. A skipper should be able to jump while standing up straight, with the rope hitting the ground 10-20 cm in front of their toes. If it is hitting the ground too close or not at all, consider lengthening the rope slightly.
- c As the skipper’s technique improves, using a shorter rope will make it easier (and faster) to turn. Skippers often complain that their rope is too short, when it is actually too long. Encourage all skippers to practice proper technique to increase success.

2 Technique

- a As a beginner, the skipper may turn the rope using his/her shoulders. These movements are difficult to perform smoothly and under control. As the skipper’s technique improves the movement will come more from the elbow which will be smoother and more under control. Ideally, the wrists will turn the rope and the upper and lower arms will be relaxed and relatively stationary.
- b A skipper’s jumps should be soft and small for most skills. Jumps that look out of control often result in mistakes.

Breaking Plateaus

As skippers progress, most will periodically reach temporary plateaus in their skill development. There is often a plateau between single bounce skills and double under skills, and between double under skills and triple under skills. Help the skipper break a plateau by focusing on mastering the components of the skill and practicing without a rope. Encourage the skipper to work on other skills so they do not become fixated on one skill.

Developing a Rope Skipping Class

The number one goal of a recreational program or school skipping club is that skippers have fun while learning and improving their skills.

Program Capacity

To ensure that all participants get the attention they need, consider the following when determining the capacity of your program.

- 1 **Space** - The number of participants can vary depending on the structure of your program and the number and experience level of instructors.
- 2 **Age of Skippers** - Younger skippers often require considerably more attention than older skippers. Very few kindergarten children have the coordination to skip with a single rope, but most can successfully skip a long rope, if the turners are experienced. By grade 2 or 3 most children have the coordination to skip, but some may not have learned the fundamentals of how to skip. Skippers of all ages can participate by learning age-appropriate skills.
- 3 **Instructor/Participant Ratio** - The more help you have the more your skippers will learn. A new coach should aim to have at most a 10:1 ratio for teaching a progression-based rope skipping club or class.
- 4 **Number of Ropes Available** - Each skipper will need a single rope that fits them. You should have one long rope (12-14 ft.) for every 3-5 skippers.

Suggested Class Plan

Rope skipping classes should include several different styles of rope skipping to ensure skippers are engaged, motivated and challenged.

The following is an example of a one-hour session based on the CANSkip skill guide:

Amount of Time	Skills
10 minutes	Warm-up and Stretches
15 minutes	Single Rope Skills
15 minutes	Long Ropes or Double Dutch Skills
10 minutes	Partner or Group Skills
5 minutes	Challenges or Demonstration Time
5 minutes	Cool down