



Straight jumps forward (with and without a rebound)



- Swing the rope overhead in a U-shape.
- Stop the rope as it nears the floor, and jump over with both feet together.
- When the athlete can jump over the still rope, have her try jumping while the rope is swinging.
- When the athlete can jump once over the turning rope, add more jumps, with or without a rebound (2 jumps for each turn of the rope).

Straight jump backward (with and without a rebound)



- Follow the same progression as for forward jumps.

Runs over the rope (with the same foot and alternating feet)



- Swing the rope overhead in a U-shape.
- Stop the rope as it nears the floor and step over with one foot, then the other.
- Continue swinging the rope and stepping over as you travel across the floor, gradually making the steps into small jumps.

Rhythmic Gymnastics Coaching Manual

Anthony S. Fauci



Rhythmic Gymnastics Coaching Manual:

Rhythmic Gymnastics Coaching Manual Book Review: Unveiling the Power of Words

In some sort of driven by information and connectivity, the energy of words has become more evident than ever. They have the capability to inspire, provoke, and ignite change. Such may be the essence of the book **Rhythmic Gymnastics Coaching Manual**, a literary masterpiece that delves deep in to the significance of words and their impact on our lives. Compiled by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we will explore the book is key themes, examine its writing style, and analyze its overall impact on readers.

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