



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

Y Pai



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