



Australian Rope Skipping Association



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**INTRODUCTION**

# **Australian Rope Skipping Association**

## **Level 1**

### **Coaching Manual**



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# INTRODUCTION

## Description of the Units in the LEVEL 1 Coaching Course

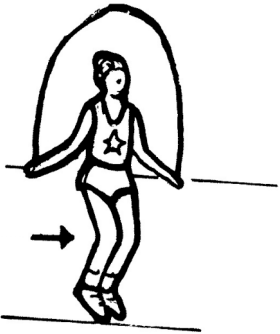
<u>Unit Number</u>	<u>Level 1 Course Description</u>
1	Introduction
2	Level 1 Single Rope Skills
3	Level 1 Partner Skills
4	Level 1 Long Rope Skills
5	Level 1 Double Dutch Skills
6	Level 1 Lesson Plans 1 to 10
7	Passport skills checklist

These units are available separately on our website [www.arsa.org.au/documents](http://www.arsa.org.au/documents)

# INTRODUCTION

### In this introduction, the topics covered are:

- Who is the Australian Rope Skipping Association?
- How to be accredited as a Level 1 Rope Skipping coach
- Level 1 Coaches Accreditation Examination
- What is Rope Skipping?
- What are the competition events in rope skipping?
- Getting Started as a Coach
- Health and Safety
- How to Warm up
- Basic Stretches
- Start Skipping





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## INTRODUCTION

# Who is the Australian Rope Skipping Association?

The Australian Rope Skipping Association (ARSA) was founded by Lorraine and Greg Bannerman in 1988. Its mission is:

**The Australian Rope Skipping Association is dedicated to the promotion of the sport of rope skipping as a fun aerobic fitness activity. Our vision is to encourage children and adults of all ages, both males and females, to skip and to provide unlimited opportunities for them through the sport.**

Australia is one of almost 40 countries who actively participate in the sport of rope skipping. The world governing body is known as the International Rope Skipping Federation (IRSF) and being based in Montreal Canada, is also known by its French name of the Federation Internationale de Saut a la Corde (FISAC). ARSA is the only Australian rope skipping association recognised by FISAC-IRSF and regularly holds regional, State and National competitions. For further information please visit our website:

**[www.arsa.org.au](http://www.arsa.org.au)**

## How to be Accredited as a Level 1 Rope Skipping Coach

The following must be completed (Note: All documents must be copied as they will not be returned) and submitted to:

The Australian Rope Skipping Association  
PO Box 1320 Cleveland Qld 4163.

1. Current First Aid Course
2. Suitability to Work with Children Card (as per State requirements eg Blue Card in QLD)
3. On site review conducted by ARSA staff OR video submission of one hour class OR other relevant qualifications such as teaching, coaching certifications for different sports.
4. Completion to 80% the Australian Rope Skipping Association's accreditation examination



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## INTRODUCTION

# Level 1 Coaches Accreditation Examination

- 1 List 3 health benefits of rope skipping
- 2 List the 4 events for a Masters Competition
- 3 List the 8 events for a Team competition
- 4 Name 3 important safety issues to be considered at a skipping session
- 5 What does R I C E R refer to?
- 6 List 3 safety factors to consider when conducting a skipping session
- 7 Give 3 reasons why it is important to warm up prior to a skipping session
- 8 List 3 reasons why stretching is important prior to a skipping session
- 9 List 5 important stretches related to skipping activities
- 10 How would you estimate the best length for a single rope?
- 11 Describe 3 Basic Single Rope Skills
- 12 Describe 3 basic partner skills
- 13 Describe 3 basic long rope skills
- 14 Describe 3 basic double dutch skills
- 15 How is speed usually counted in skipping
- 16 List 5 key elements of a good skipping lesson
- 17 After a detailed lesson on double dutch, your class decides to see how many jumps each can do. No one can even enter the ropes and are starting to feel despondent. List 5 reasons why this may be occurring and what you would do to maintain interest.
- 18 Tom is a beginner skipper and struggles with many of the skills. After being shown many times how to do a crossover he bursts into tears after being teased that he cannot do it. What are some of the reasons why he may not be getting the cross? Give a step by step plan on what you would tell him in order to improve. How would you deal with the teasing?
- 19 Write your own Level 1 routine. Include a min of 5 and max of 10 skills with single rope, partners, long rope and/or double dutch.
- 20 Describe the benefits of using a passport checklist.



## INTRODUCTION

# What is Rope Skipping?

Rope skipping is a fabulous sport that incorporates both freestyle (skills performed to music) and speed elements (timed events where the skipper's steps are counted). It is one of the best forms of improving fitness e.g. 10 minutes of non-stop skipping can be equated to a 20 minute jog. Skipping includes single rope, partner skills, long rope, double dutch skills and group routines and can also include the use of equipment such as skipsticks, Saturn balls, hoops, pogosticks, yoyo diablos. Gymnastics, dancing and running are three other complimentary activities that can enhance the skipper's skills and ability to perform. Within single rope and double dutch the skipper can experience both freestyle and speed.

### Health related Fitness Benefits include:

- ★ cardio-respiratory endurance
- ★ muscle strength
- ★ muscular endurance
- ★ increased lung capacity
- ★ lean Body mass
- ★ flexibility
- ★ coordination
- ★ timing and rhythm
- ★ balance
- ★ speed
- ★ power



### Other Benefits include:

- ★ easy to learn
- ★ inexpensive activity
- ★ allows creativity
- ★ fun for all ages: boys and girls
- ★ enhanced self image
- ★ provides social skills
- ★ enables self discipline
- ★ gives self confidence
- ★ opportunity to compete, demonstrate and travel
- ★ advantages of team sport
- ★ sense of belonging to team or a club



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# What are the Competition Events in Rope Skipping?

The international competition events sanctioned by FISAC-IRFS (International Rope Skipping Federation) involve both Team Events (for teams of 4 or 5 individuals) and Grand Masters Events (for an Individual).

## GRAND MASTERS EVENTS (for an individual skipper)

### Individuals:

Each individual can only participate in one age division.

### Floor area:

**Freestyle:** 9 by 9 metres to inside tape (on the tape is out) **Speed/Power:** 5m x 5m

### Events

#### 1. Single Rope Singles Freestyle

This is a single rope event for one skipper. It is judged on the Difficulty, Creativity, and Mistakes. The routine must be at least 45 seconds and no longer than 75seconds.

#### 2. Single Rope 30 sec Speed

The skipper completes a 30-second speed event using an alternating step. Only the right foot is counted.

#### 3. Single Rope 3 min Endurance (or 1 minute)

The skipper completes a 3-minute speed event using an alternating step. Only the right foot is counted

#### 4. Single Rope Consecutive Triple Unders

The skipper is to complete as many triples in a row without missing with no time limit. One attempt only is permitted. The maximum number allowed will be set at 250 and duplicate awards will be given to those who reach this mark. For lower age groups, this event is usually substituted for **Single Rope 1 min Double Unders** where the skipper completes as many doubles within a timed one minute period. (only doubles are scored)



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### Teams Events

#### Team Members

Each team is a minimum of 4 and maximum of 5 skippers and team members can only compete in one team.

#### Floor area:

**Freestyle:** 12 by 12 metres to inside tape (on the tape is out): **Speed/Power:** 5m x 5m

#### Events – general description:

There are 8 events but not all age divisions do all of FISAC's 8 events (see below).

##### 1. Single Rope Speed Relay (SRS4)

This is a two-minute speed relay for 4 each skipping 30 sec using an alternating/jogging step.

##### 2. Single Rope Double Under Relay (SRD4)

This is a two-minute speed relay for 4 each skipping 30 sec using a Double Under jump.

##### 3. Double Dutch Pairs Speed (DDS4)

This is a two minute speed relay with 2 turners and 2 jumpers where the 2 jumpers each skip using an alternating/jogging step for one min.

##### 4. Double Dutch Speed Relay (DDS3)

This is a two minute speed relay for a 3 person team in which all three members will skip using an alternating/jogging step for 40 seconds.

##### 5. Single Rope Pairs Freestyle (SRF2)

This is a single rope freestyle event in which 2 skippers complete a synchronized routine up to 75 seconds  
It is judged on the Difficulty, Creativity and Mistakes.

##### 6. Single Rope Fours Freestyle (SRF4)

This is a single rope freestyle event in which 4 skippers complete a synchronized routine up to 75 seconds.  
It is judged on the Difficulty, Creativity and Mistakes.

##### 7. Double Dutch Singles Freestyle (DDF3)

This is a double dutch freestyle event for a 3 member team where all skip for up to 75 seconds..  
They are judged on Difficulty, Creativity and Mistakes.

##### 8. Double Dutch Pairs Freestyle (DDF4)

This is a double dutch freestyle event for a 4 member team skipping for up to 75 seconds.  
It is judged on the Difficulty, Creativity and Mistakes.



## INTRODUCTION

# Getting Started as a Skipping Coach

**B**uild the self esteem of all skippers  
**E**ncourage creativity and new ideas

**A**lways follow the safety precautions (following page)

**S**upport skippers who need further assistance

**T**reat all skippers with respect

**A**dapt the program to cater for differing needs

**R**ecord and stamp progressions through the passports

**S**tructure your class so that everyone is participating

**K**eep the instructions simple

**I**nclude all ages and abilities for both boys and girls

**P**raise all attempts efforts and improvements

**P**romote team work

**I**nitiate your own personal development

**N**ever ridicule or allow others to ridicule your skippers

**G**ive your self time to reflect on your coaching

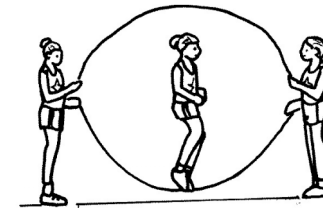
**C**ommunicate effectively with parents, other coaches and officials

**O**rganise activities to maximise learning capacity

**A**llow time to share new skills

**C**ontinue to challenge those who are mastering skills quickly

**H**ave lots of fun!!





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**INTRODUCTION**

**Health and Safety**

- ★ Ensure all skippers are warmed up prior to participating in any skipping activities.
- ★ Skippers should be wearing appropriate clothing and footwear. Avoid skirts and dresses, and ensure all skippers are wearing sports shoes and socks.
- ★ Prior to each class:
  - check shoelaces
  - encourage children to go to the toilet before their parent leaves
  - ask whether there have been any injuries or illnesses that may impact on their performance and participation
- ★ Remind skippers to drink regularly. Avoid sugar drinks and respect the facilities by not allowing food inside.
- ★ Never send a child out of your sight, without at least another skipper going with them eg to the toilet during class time.
- ★ When a child leaves the class to go to the toilet, monitor the time taken and be aware of other people using the facilities.
- ★ Equipment must be stored in a bag or box and properly laid out for use during the class in a safe location away from skipping.
- ★ Review potential hazards or dangers to the skippers. Be aware of electrical outlets, water facilities, wet floors from rain, etc.
- ★ Identify other equipment stored or used in the hall and restrict skippers from using that equipment.
- ★ Ensure there is sufficient lighting and all skippers can be seen easily by the coach.
- ★ Adopt a warning then possible exclusion policy (time-out) for behaviour management issues.
- ★ Be aware of the weather during sessions. Hot weather will require additional water breaks and modifications to lesson plans.
- ★ Ensure all skippers stretch and cool down during their lessons and learn these skills for all future sporting endeavours.
- ★ Maintain an appropriate first aid kit and have a first aid kit within easy access.
- ★ Renew your first aid and CPR qualifications as required, ensuring they are always up to date.
- ★ Never leave a child unattended. If parents are late for pickup, remain with the skipper and ensure they leave with parents or approved family/friends.
- ★ Remind parents of their responsibility to keep you informed of changes to their child’s health or pickup routines.
- ★ Challenge skippers recognising the importance of keeping all activities within a safe and achievable level.

**Sprains & Strains**

- R REST Rest the person and make them comfortable
- I ICE Ice the injury with a cold pack
- C COMPRESSION Apply a firm bandage to the area after removing the cold pack
- E ELEVATION Elevate the injured part
- R REFERRAL Refer the skipper to appropriate medical treatment



## INTRODUCTION

# How to Warm Up

### The Warm-Up and Cool-Down

The warm-up prepares the body for the proceeding activity, as well as helping to prevent injury to muscles, which are more susceptible to injury when cold. The cool-down helps the body clear lactic acid that builds up during any activity. Less lactic acid means less soreness and stiffness the next day! The warm-up should incorporate the muscle groups and activities that are similar to those that are required during training or competition. The intensity of the warm-up should begin at a low level gradually building to the level of intensity required during training or competition. For young people, 5-10 minutes would be enough. However in cold weather the duration of the warm-up should be increased. The warm-up aims to:

- prepare the body and mind for the activity
- increase the body's core temperature
- increase heart rate
- increase breathing rate.

### A typical warm up session might include

#### PART A: Set-up and Game 2mins

- ★ Organise children into lines with no more than 4 in a line.
- ★ Make sure that they are facing you at the front and are equal distance from each other.
- ★ Skippers need to have spread out far enough so that ropes will not touch front and back or sideways.
- ★ But not to far away where they will not hear the instructions.

**Coaches Instruction:** Make sure that you are constantly modelling the exercises in a position where all skippers can see you. Move through the lines helping people who maybe experiencing difficulty.

#### PART B: 4 mins Pre-Speed Activities

- ★ On "Ready Set Go" everyone sideswings on the spot – no jumping.
- ★ At 30 secs call "Switch" and everyone places their rope neatly on the floor and goes to basic jumping on the spot with every 4<sup>th</sup> jump the skippers tuck jumping – mimicking the double under action
- ★ At 30 secs call "Switch" and skippers will progress to 30 sec of double under jumps.
- ★ At 30 secs call "Switch" everyone jogs slowly on the spot concentrating on technique, not kicking back, knees slightly bent.
- ★ At 30 secs call "Switch" everyone increases speed –check that skippers maintain posture, balance, technique and timing
- ★ At 30 secs call "Switch" and everyone just jumps lightly on the spot.
- ★ At 30 secs call "Switch" again and everyone increased jogging speed again but this time for 1 min.

#### PART C: 4 mins Basic Stretches (see following pages)



## INTRODUCTION

# BASIC STRETCHES

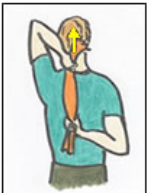
- Stretch only after warming up, or after exercise, when muscles are warm.
- Repeat each stretch 2 to 3 times, working both sides of the body equally.
- Hold each stretch for 10 to 30 seconds.
- Do not stretch to the point of pain.
- Do not bounce.



**1. Neck side flexion.** Lower your ear towards your shoulder while keeping your face looking forwards; feel the stretch along the opposite side of your neck; return to upright. Repeat on the other side. In addition, you can also stretch the opposite hand towards the floor as this deepens the stretch on the neck muscles.



**2. Triceps (back of upper arm) stretch.** Lift both arms above your head and bend your elbows so that your forearms are behind your head (but not resting on it); gently grasp your right elbow with your left hand; allow your right hand to drop towards the middle of your shoulder blades; feel the stretch on the outside of your upper right arm. Gently pull your right elbow towards your left shoulder to deepen the stretch. Repeat for your other arm.



**3. Shoulder (internal rotator) stretch.** Hold a towel between both hands as shown; gently pull the towel upwards with your left hand; feel the stretch in the shoulder of your right arm as this arm is gently pulled further up your back. Repeat for the opposite shoulder.



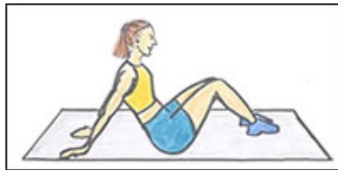
**4. Supraspinatus (top of shoulder blade) stretch.** Cross your right arm in front of your chest, placing your right hand over your left shoulder and keeping your right arm parallel to the ground; use your left hand to push your right elbow gently towards your left shoulder; feel the stretch in the muscle across the top of your right shoulder blade. Repeat for the opposite shoulder.



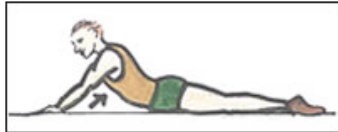
## INTRODUCTION



**5. Pectoral (chest) stretch.** Place your right hand on a doorway at shoulder height with your elbow straight; move your feet so that you turn your chest and body gently away from your arm; feel the stretch on the right-hand side of your chest and along the inside of your right upper arm. Repeat for the opposite side. (You can also do the stretch with your arm slightly elevated, as shown.)



**6. Biceps (front of upper arm) stretch.** Sit on a floor mat with your feet flat on the floor in front of you and knees bent; place your hands flat on the mat behind you, fairly close together, with your fingers pointing away from you. Walk your hands away from your bottom to feel the stretch in the muscles at the front of your upper arms.



**7. Lower back extension and abdominal stretch.** (Note: if you have lower back problems this stretch may not be suitable for you.) Lie face down on a mat on the floor with your hands in front of you, elbows slightly bent to make a diamond shape; straighten your elbows so that your chest begins to lift off the floor; feel the stretch along the front of your abdomen. Be aware that having your hands close to your shoulders will produce a very strong abdominal stretch and a greater extension in your lower back, which may be uncomfortable for some people.



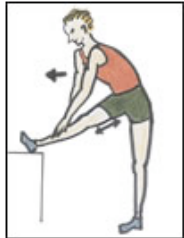
**8. Upper back extension.** Kneel on a floor mat on all fours (i.e. on your hands and knees). Gently stretch your arms out in front of you along the floor while allowing your head to drop towards the floor and your bottom to move towards your heels; feel the stretch in your upper back between your shoulder blades. Gently walk your fingertips away from your body for a stronger stretch in the shoulders. Work on keeping your tail bone as close to your heels as possible.



**9. Side stretch.** Stand with your feet shoulder-width apart. Bend your upper body to the right while continuing to face the front and not allowing your hips to rotate; at the same time use your right hand to push your right hip gently in the opposite direction; feel the stretch along the left-hand side of your torso. Repeat for the opposite side.



## INTRODUCTION



**10. Hamstring (back of thigh) stretch.** Place your right foot on a bench or chair with your leg extended at the knee (straight leg); slowly lean forwards while reaching your hands towards your right shin and keeping your torso straight; feel the stretch along the back of your right thigh. Keep your head up and looking forwards so that you bend from the waist and don't hunch. Repeat for the opposite leg.



**11. Quadriceps (front of thigh) stretch.** Steady yourself by resting your left hand on a wall; keep an upright posture and lift your right foot off the ground. Bend the right knee and grasp your right ankle with your right hand; gently pull your ankle up and back until you feel a stretch in the front of your right thigh. Your left leg should be slightly bent at the knee. Repeat for the opposite leg.



**12. Gluteal (bottom muscle) stretch.** Lie on your back on a floor mat with your knees bent, hip-width apart, and feet flat on the floor; lift your left leg and place your left ankle across your right knee; clasp your fingers around your right knee; now lift your right foot off the ground and pull your right knee towards you to feel a stretch in the gluteal muscles of your left buttock. Your head can be on the floor if this is more comfortable. Repeat for the opposite side.



**13. Adductor (groin) stretch.** Standing upright, place your hands on your hips for balance, and your feet slightly wider than shoulder-width apart; keep your feet pointing to the front and lunge sideways taking your weight on your left foot and bending your left knee; feel the stretch in your right groin. Repeat for the opposite side.



**14. Hip flexor (front of hip) stretch.** Kneel by placing your right knee on a padded mat and your left foot flat on the floor in front of you and forward of your left knee; steady yourself by keeping your posture upright and resting your hands on your left knee; don't let your left knee project forward of your foot; gently push your hips forwards to feel a stretch at the front of your right hip. Keep your gluteal muscles contracted to keep your bottom down. Repeat the stretch for the opposite side.



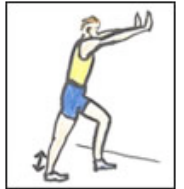
## INTRODUCTION



**15. Tensor fascia (outer hip area) stretch.** Rest your hands on a table or wall in front of you for balance; cross your right leg behind your left, placing your feet about a foot-length apart; try to keep your posture fairly upright while pushing your right hip outwards; feel the stretch along the outer side of your right hip. Repeat for the opposite hip.



**16. Iliotibial band (outer thigh area from hip to knee) stretch.** Stand with your left side at roughly arm's length from a wall and place your left hand on the wall for balance; cross your right leg in front of your left leg; now, with your weight mainly on your left leg, lean your left hip towards the wall; feel the stretch down the outside of your left leg from your hip to your knee, which is the area of the iliotibial band. Repeat for the opposite leg.



**17. Gastrocnemius (calf) stretch.** Stand facing a wall and place your hands on the wall at eye level; step your right leg back; bend the front knee and gently lean into the wall while keeping your back leg straight and the heel of your back foot on the ground; feel the stretch in the back of your right calf. Repeat for the other side.



**18. Soleus (deep calf) stretch.** Stand facing a wall and place your hands on the wall at chest height; step your right leg back; bend both knees slightly; your right knee should be over and in front of your right foot; feel the stretch in the lower one-third of your right calf. Make sure to keep your pelvis tucked under — if you arch your bottom out you won't feel a stretch in your calf. Repeat for the other side.

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## INTRODUCTION

# Start skipping

### Choose the correct length – stand in the middle of your rope

- ★ the handles should reach just under your armpits
- ★ Don't tie knots in ropes – have handles adjusted

### Stand with elbows close to body

- ★ Point hands outwards horizontally
- ★ Hands should be about 20cm away from body

### Move hands -

- ★ Move hands back up and over
- ★ Keep wrists at about waist height in front of the body and repeat
- ★ Sideswing only using one arm. Repeat on the other side
- ★ Try turning wrists while jumping at the same time.

### Start jumping

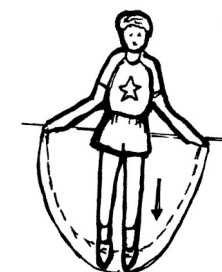
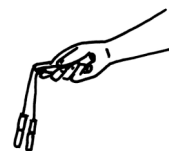
- ★ stand up straight with knees slightly bent, shoulders back and head up
- ★ jump approx. 5cm off the ground on the balls of the feet with arms slightly in front of hips
- ★ learn to jump with a double bounce (a normal jump followed by a rebound jump)
- ★ progress to single bounce from double bounce

### Start turning -

- ★ Move hands back up and over with minimal movement in arms
- ★ Keep wrists at about waist height in front of the body and repeat

### Play games to improve jumping skills

- ★ Follow the Leader -
  - jumping around the room in time to music
- ★ Simon Says Jump
  - Jump over ropes, lines, moving ropes, left or right



**SKIPPERS ARE NOW READY TO PROGRESS TO  
 SINGLE ROPE, PARTNER AND LONG ROPE SKILLS.**