



## How to be a STAR Skipper with Long Rope Skills

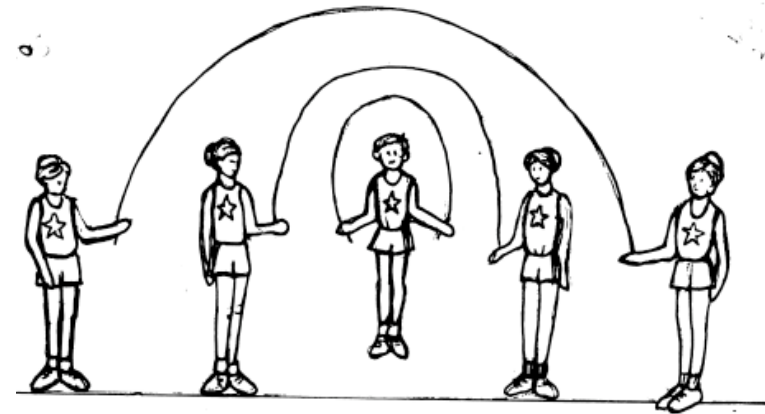
Before attempting Level 1 Long Rope Skills it is important all turners and jumpers have mastered the basic “double jump”. This is the fundamental skill for all long rope tricks and counts.

Long Rope can be divided into five sections:

- ★ turning
- ★ jumping
- ★ entering
- ★ exiting
- ★ skills

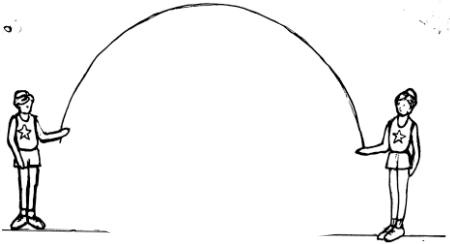
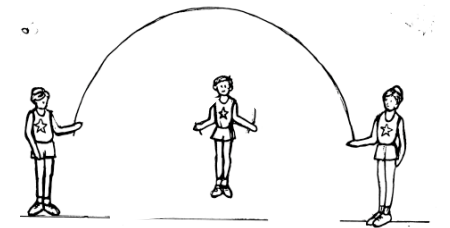
Remember to:

- ★ practice the skills and counts outside of the rope first
- ★ rotate turners and jumpers so that everyone attempts the different positions
- ★ make sure everyone has a go at jumping and turning in the same session





*The following table summarises techniques and activities that will aid the coach in introducing Long Rope Skills.*





Long Rope Skills	Description	Activity
<p style="text-align: center;"><b>Turning</b></p> 	<ul style="list-style-type: none"> <li>★ stand up straight with head facing the other turner</li> <li>★ feet approximately shoulder width apart</li> <li>★ arms and elbows close to body, waist height, bent at 90 degrees</li> <li>★ <b>Important note:</b> a good turner will learn to drop the rope if the jumper trips up in the rope</li> <li>★ this is why the turner should never wrap the rope around their hand</li> <li>★ if a rope is too long change to a shorter length</li> <li>★ rope always moves towards where the jumper will be standing</li> </ul>	<ul style="list-style-type: none"> <li>★ sway rope from side to side without turning it over</li> <li>★ on <b>Ready</b> (sway back) <b>Set</b> (sway forward) <b>Go</b> (sway back) <b>Jump In</b> (turn the rope over)</li> <li>★ keeping a steady double bounce beat</li> <li>★ checkpoint: Check that the rope is long enough to touch the ground and that it is not too floppy or low and is makes a balanced arc as it rotates</li> <li>★ A game to play is <b>Evie Ivie O Ver</b></li> <li>★ on <b>Evie</b> sway away from the jumper</li> <li>★ on <b>Ivие</b> sway towards the jumper</li> <li>★ on <b>O</b> sway away from jumper</li> <li>★ on <b>Ver</b> turn the rope over the jumpers head</li> <li>★ see how many jumps you can do aim for 10</li> </ul>
<p style="text-align: center;"><b>JUMPING</b> (starting inside the rope)</p> 	<ul style="list-style-type: none"> <li>★ jump approx 5cm off the ground (high enough to clear rope but not lose balance or rhythm)</li> <li>★ keep feet together</li> <li>★ knees slightly bent</li> <li>★ arms slightly in front</li> <li>★ adopt the double bounce (a normal jump followed by a rebound jump)</li> <li>★ jump up and down aiming to land insame spot</li> <li>★ make sure jumper is in the middle of the long rope and is facing one of the turners</li> <li>★ practise jumping outside the rope while the turners are practising</li> </ul>	<ul style="list-style-type: none"> <li>★ play <i>Evie Ivie O ver</i></li> <li>★ start in the middle of the ropes and have turners use the <b>Ready Set Go Jump In</b> count to cue the jumper that the rope will be turned over their head</li> <li>★ <b>Challenge 1:</b> see how many jumps can be done without an error OR in 30 seconds</li> <li>★ then on <b>Stop Drop Swap</b> jumper rotates with the turners – calculate the total number of jumps</li> <li>★ <b>Challenge 2:</b> see how many people can fit inside the rope and how many jumps can be done</li> </ul> <p><b>Helpful Hint:</b> for those children having difficulty in continuing to jump count “jump jump jump”etc clapping the beat with your hands.</p>



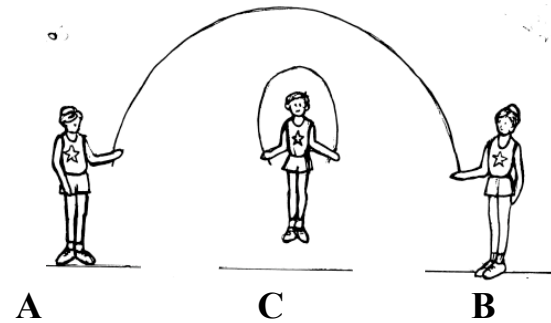
Long Rope Skills	Description	Activity
<p data-bbox="114 392 474 432">Entering the Long Rope</p> 	<ul style="list-style-type: none"> <li>★ jumper stands by the shoulder of one of the turners.</li> <li>★ the rope is then turned towards the jumper.</li> <li>★ Turners count <b>Ready Set Go Jump In</b> every time rope hits floor</li> <li>★ jumper prepares on Go and enters on <b>Jump In</b> where they will continue jumping</li> <li>★ Jumper moves diagonally from turners side straight into the middle of the ropes</li> <li>★ coach may <b>mark a cross</b> on the floor to denote where the <b>centre</b> is</li> <li>★ children experiencing difficulty should practise their entry with the rope laid on the floor</li> <li>★ when basic count is mastered turners may make the count faster</li> </ul>	<p data-bbox="1487 392 2107 499"><b>Challenge 1:</b> the jumper may enter through the middle of the turners legs where they will stand in front of the turner then run in and jump</p> <p data-bbox="1487 539 2085 719"><b>Challenge 2:</b> place a coin in the middle of the floor once jumper has entered the ropes they attempt to bend down and pick up the coin without losing their rhythm and tripping up in the ropes</p>
<p data-bbox="114 834 474 874">Exiting the Long Rope</p> 	<ul style="list-style-type: none"> <li>★ The turners will count <b>1 2 Jump Out</b> as the rope hits the floor</li> <li>★ the jumper will do three jumps (1 2 Jump)</li> <li>★ and exit on the 4<sup>th</sup> jump ( Out)</li> <li>★ jumper should learn to exit on both sides</li> <li>★ the jumper will exit on a diagonal to the shoulder of the turner they are facing</li> <li>★ exiting as the rope is moving away from the direction of where they will exit</li> <li>★ <b>Helpful Hint:</b> many beginners forget to jump out on the 4<sup>th</sup> jump</li> <li>★ remind children they cannot run or step out of the ropes must jump</li> <li>★ children still experiencing difficulty should practise their exit with the rope laid on the floor</li> <li>★ when basic count is mastered turners may decide to make the count faster</li> </ul>	<p data-bbox="1487 834 2085 978"><b>Challenge 1:</b> the jumper may exit through the middle of the turners legs after 4 jumps the turners will raise the rope and the jumper will squat and then crawl through the turners legs.</p> <p data-bbox="1487 1018 2024 1050"><b>Challenge 2:</b> see figure of 8 instructions</p>



Long Rope Skills	Description	Activity
<p style="text-align: center;"><b>Figure of 8</b></p> 	<ul style="list-style-type: none"> <li>★ a jumper moves in a Figure of 8 movement around each of the turners and through the ropes</li> <li>★ it will be important to show children the Figure of 8 pattern by placing the rope on the floor and practising several times around the turners before involving the ropes</li> </ul>	<p><b>Challenge 1:</b> jumper attempts the figure of 8 movement by completing 1 jump then running through and around</p> <p><b>Challenge 2:</b> jumper attempts the figure of 8 movement by completing 3-5 jumps then running through and around</p> <p><b>Challenge 3:</b> line up in a diagonal more than one child and attempt the figure of 8 without missing a loop</p> <p><b>NOTE:</b></p> <ul style="list-style-type: none"> <li>★ children complete one jump each</li> <li>★ the next child runs in as the first is running out</li> <li>★ rules may vary based on number and ability of children</li> </ul>
<p style="text-align: center;">Skills Inside the Long Rope</p> 	<ul style="list-style-type: none"> <li>★ this will involve children who have mastered the basic entry and exit in long rope</li> <li>★ for level 1 skill ideas refer to level one single rope skills on pages</li> <li>★ remember to practise outside the ropes first and to rotate turners and jumpers</li> </ul>	<p><b>Challenge 1:</b> try a combination of level 1 skills</p> <p><b>Challenge 2:</b> attempt level 1 skills with a partner. This should occur with each jumper standing next to a turner</p> <p><b>Challenge 3:</b> entering from the middle try level 1 skills with more than 2 jumpers</p> <p><b>Challenge 4:</b> entering from the side of the turner with a piece of equipment eg bouncy ball, or pogosticks        N.B children should have had extensive practise on this equipment before attempting to use it while jumping</p> <p><b>Challenge 5:</b> a child stands outside the rope and throws a ball to another who is jumping inside the rope. The child outside should stand approx 1m away - far enough to not be hit by rope but close enough to throw and catch.</p>



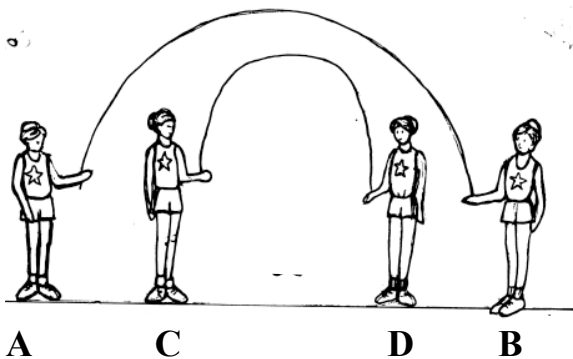
Single Rope (with one jumper) Inside a Long Rope



- ★ the single rope skipper ( Person C ) stands in the middle of the long rope (in front of) and will have their single rope behind them
- ★ Person A and B are the turners of the long rope and will not be jumping
- ★ On Ready Set Go and Jump A and B will turn their ropes at exactly the same time as C turns and jumps
- ★ this should be practised without ropes several times standing in correct position
- ★ problems may occur if skippers are not in time or ropes are too short or long

- Challenge 1:** Person C should try and jump with another person standing in front of them
  - Challenge 2:** Person C should try and travel over 2 or more other skippers in the long rope
  - Challenge 3:** try 2 or more people skipping inside the long rope with their single ropes doing the same tricks
- N.B the length of the long rope will determine how many will fit comfortably.

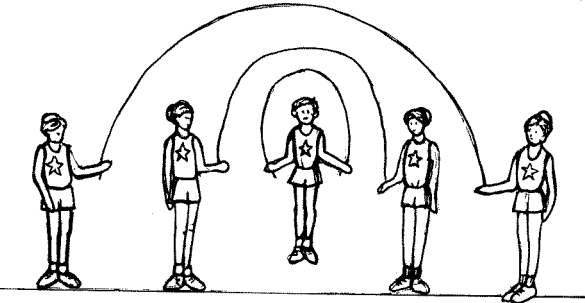
Single Rope (with two turners) Inside a Long Rope



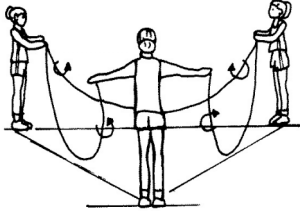
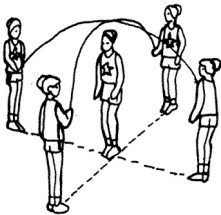
- Person C and D will stand in the middle of the long rope with a shorter rope
- ★ they will be holding this rope with their inside hand but will not be attempting to jump this shorter rope but standing beside this shorter rope
- ★ Person A and B hold the long rope
- ★ On Ready Set Go and Jump, A B C and D turn the ropes at exactly the same time
- ★ this should be practised without ropes several times
- ★ problems may occur if ABCD are not in time or if ropes are to short or long
- ★ this may suggest need more time without the ropes or adjustment of rope lengths

- Challenge 1:** person C and D should try and jump the shorter rope together standing next to each other
- Challenge 2:** Person C and D should try to skip in the long rope with someone else in the middle of the ropes
- Challenge 3:** attempt 3 in 1 rope

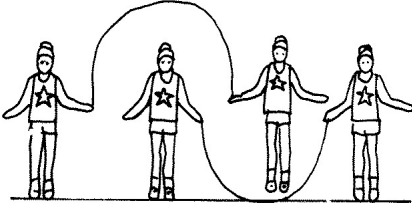


Long Rope Skills	Description	Activity
<p style="text-align: center;"><b>Rainbow</b></p>  <p style="text-align: center;"><b>A      C      E      D      B</b></p>	<ul style="list-style-type: none"> <li>★ Person A and B are the turners of the long rope (#1) and will not be jumping</li> <li>★ Person C and D will stand in the middle of the long rope standing beside a shorter rope (#2)</li> <li>★ they will be holding this rope with their inside hand but will not be attempting to jump rope #2</li> <li>★ the single rope skipper ( Person E) stands in the front of rope #2 with their own rope(#3) behind them</li> <li>★ very important that Person E is positioned exactly in the middle of rope #1</li> <li>★ On Ready Set Go and Jump Person A B C D and E will turn the ropes at exactly the same time</li> <li>★ this should be practised without ropes several times standing in the correct position</li> <li>★ problems may occur if ABCDE are not in time or if ropes are to short or long</li> <li>★ this may suggest need more time without the ropes or adjustment of rope lengths</li> </ul>	<p><b>Challenge 1:</b> Person A B C D and E all attempt to jump        A and B will just need to stand in front of the rope and hold rope #1 in their outside hands</p> <p><b>Challenge 2:</b> add two more single rope skippers on either side of C D E</p> <p><b>Challenge 3:</b> put another jumper in front of skipper E</p> <p><b>Challenge 4:</b> create your own rainbow using as many skippers as possible</p>



Long Rope Skills	Description	Activity
<p style="text-align: center;"><b>Triangle</b></p> 	<ul style="list-style-type: none"> <li>★ 3 people stand equal distance apart from each other with ropes of the same length</li> <li>★ they will stand close enough that the ropes will touch the ground, but further enough apart that ropes won't touch each other</li> <li>★ all turners will move their hands at exactly the same time, turning their hands into the middle of the circle</li> <li>★ ropes should move in time to a double bounce count</li> </ul>	<p><b>Challenge 1.</b>          Have 3 jumpers practice on the outside some basic level 1 skills that each of them can do in each of the ropes – learn the counts first</p> <p><b>Challenge 2.</b>          Make up a small routine</p>
<p style="text-align: center;"><b>Eggbeater</b></p> 	<ul style="list-style-type: none"> <li>★ lay two ropes of exactly the same length on the floor crossing one on top of the other</li> <li>★ four turners will then pick up a handle</li> <li>★ check that ropes are touching the ground in the centre</li> <li>★ skipper jumps in to a double bounce count and performs skills</li> </ul>	<p><b>Challenge 1.</b>          Line up a number of skippers and have them do one jump and run through</p> <p><b>Challenge 2.</b>          Each jumper performs two of their favourite level 1 skills</p>



Long Rope Skills	Description	Activity
<p data-bbox="241 432 427 464"><b>Interlocker</b></p> 	<ul style="list-style-type: none"> <li>★ The goal of this activity is to have 4 people sharing 2 ropes that will be turned at alternative times</li> <li>★ Person A and B are turners on the outside. They are holding the ropes in their inside hands.</li> <li>★ Person A is sharing a rope with Person C who will hold the rope with the hand closest to Person A. Person C will be jumping this rope.</li> <li>★ Person B is sharing the rope with Person D who will hold the rope in the hand closest to Person B. Person D will be jumping this rope.</li> <li>★ Start with both ropes behind C and D. Place A and C's rope on top of B and D's rope.</li> </ul> <p>And C's rope will be the first rope turned and jumped.          The count will be <b>Ready Set Go 1, 2, 1, 2.</b>          On the first jump (1) A and C's rope on top will turn over and be jumped on the second jump (2) B and D's rope will be turned and jumped. This will continue that jump 1 will be A and C's rope and jump 2 will be B and D's rope.          Problems may occur if the turners do not keep the ropes alternating and fall in time with each other, the jumpers forget when it is their turn to jump, if both ropes are not exactly the same length or are too short or long.</p>	<p><b>Challenge 1:</b> Calculate how many jumps can be done by both the jumpers.</p> <p><b>Challenge 2:</b> have people line up and see if they can jump through the alternate ropes.</p> <p><b>Challenge 3:</b> Have the turners jump into the ropes when their ropes are turning</p> <p><b>Challenge 4:</b> attempt to skip all at the same time</p>