



Coaching manual written by Carolyn Barker and Kym Warner.
 Art work by Cathy Dwyer. Edited by Jan Somers. This manual
 may be copied for coaching purposes but cannot be sold.
 Copyright owned by the Australian Rope Skipping Association.
WEBSITE : www.arsa.org.au

Australian Rope Skipping Association
Coaching Manual Level 1
DOUBLE DUTCH SKILLS

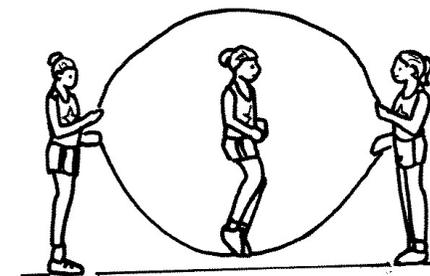
How to be a STAR Skipper with Double Dutch Skills

Before attempting level one Double Dutch skills it is important that all turners and jumpers have mastered the basic “single bounce” and have made positive attempts in completing Long Rope Skills.

Double Dutch can be divided into 5 sections 1. turning, 2. jumping, 3. entering, 4. exiting, 5. skills.

For every new skill learnt there is a progression that should be followed so that the skippers maximise their chances of completing the skills successfully

1. turners practise without the jumpers
2. jumpers practise inside ropes laid on the floor without any turning
3. turners practise while jumpers practise on the outside
4. attempt the skill with jumpers and turners working together



AT EACH STAGE THE COUNT SHOULD BE CALLED ALOUD SO THAT JUMPERS AND TURNERS ARE LEARNING AND PRACTISING THE SAME COUNT IN PREPARATION FOR THE DOUBLE DUTCH SKILL. EVEN TOP LEVEL WORLD TEAMS STILL COUNT ALOUD.

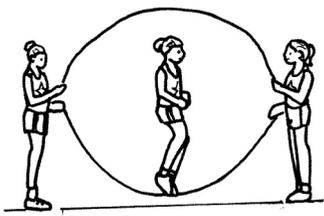
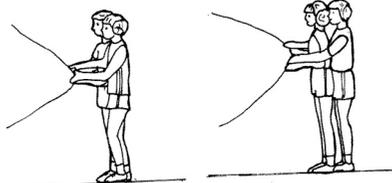
This is very important as Double Dutch relies heavily on teamwork. Many believe that the jumper is the more skilled double dutch skipper. However the turner has an equally difficult job in staying in time to the set beat or rhythm as well as remembering the necessary counts needed.

Checkpoints

- ★ important to rotate turners and jumpers
- ★ *that double dutch ropes are the same length and preferably different colours*
- ★ *that turners are not crossing their midlines*
- ★ *that ropes are touching the ground*
- ★ *the ropes are forming an even balanced arc*
- ★ *that both jumpers and turners are learning the same count in preparation for the skills*
- ★ *that both jumpers and turners are in time with each other*
- ★ *important to allow every child to be successful so modifying the activity to cater for the ability level followed by praise is essential for the skippers self esteem*



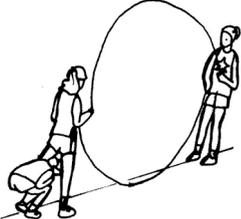


Double Dutch Skills	Description	Activity
<p style="text-align: center;">Turning</p>   	<ul style="list-style-type: none"> ★ stand up straight with head facing towards the other turner ★ feet approximately shoulder width apart ★ arms and elbows bent at 90 degrees waist height ★ before holding the ropes practise turning the wrist around in a circular motion towards the centre of your body alternating hands ★ not flicking your wrist in or out ★ then both turners will hold a rope in each hand ★ if possible choose 2 different coloured ropes exactly the same length ★ decide on which rope will start 1st then alternate one rope at a time in a count similar to the 12 beat of a single bounce ★ visualise that there is a brick wall in the middle of your body so that the arm cannot cross over through the midline ★ this is to avoid ropes touching and will aid in turning ★ helping hints to maintain the beat: beaded ropes ★ clapping hands ★ metronome ★ playing music <p>Checkpoints: Rope is touching the ground in the middle Ropes are forming an even balanced arc Children are holding the handles and not coiling it around their wrists. This is so they are ready to drop the ropes in case the jumpers get caught.</p>	<p>Challenge 1:</p> <ul style="list-style-type: none"> ★ Work in groups of 4 with 2 turners & 2 jumpers ★ the pair turning are turning to a beat set by either clapping or music ★ the 2 jumpers are jumping in time with the ropes standing next to the turners ★ every 30 sec call Stop Drop Swap where the turners drop the ropes and swap over with the jumpers <p>Goal: vary the speed of the beat to challenge the skippers to stay in time.</p> <p>Challenge 2:</p> <p>This is a turning drill using a 3 clap system</p> <ul style="list-style-type: none"> ★ organise the group so that everyone has a partner and a set of double dutch ropes ★ 1 clap: the turners turn to a normal 1, 2 beat ★ 2 claps : both turners drop to their knees and turn ropes aiming to maintain rhythm and arc ★ 3 claps: standing upright but increasing speed <p>Challenge 3 – Side Exchange</p> <ul style="list-style-type: none"> ★ attempt to take the ropes from the turner from a side position without losing the rhythm or letting the ropes click <p>Challenge 4 – Rear Exchange</p> <ul style="list-style-type: none"> ★ attempt to take the ropes from the turner from a rear position without losing the rhythm or letting the ropes click

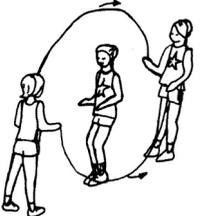
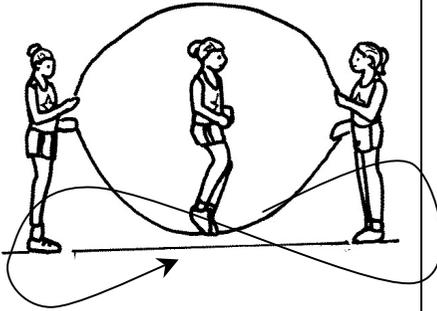


Double Dutch Skills	Description	Activity
<p data-bbox="331 427 488 459">JUMPING</p> <p data-bbox="226 464 595 533">Starting in the Middle of the Double Dutch Ropes</p> 	<ul style="list-style-type: none"> ★ jump approximately 5cm off the ground (should be enough to clear rope but not lose balance or rhythm) ★ keep feet together ★ knees slightly bent ★ arms slightly in front ★ adopt the single bounce ★ remember to jump up and down aiming to land in approx same spot each time ★ make sure jumper is in the middle of the double dutch ropes and is facing one of the turners ★ practise jumping in time outside the rope while the turners are practising ★ start in the middle of the ropes and have turners use the Ready Set Go Jump count to cue the jumper that the rope will be turned over their head ★ adopt the single bounce beat 	<ul style="list-style-type: none"> ★ refer to long rope jumping challenges



Double Dutch Skills	Description	Activity
<p data-bbox="212 391 586 459">Entering the Double Dutch Ropes</p>  <p data-bbox="248 874 539 1050">Please note that the jumper can enter from the right side of the turner but left side is preferred.</p> 	<ul style="list-style-type: none"> ★ jumper stands by the shoulder of one of the turners ★ Jumper moves diagonally from turners side - straight into the middle of the ropes ★ coach may decide to mark a cross on the floor to denote where the centre is for both turners and jumpers ★ Turners count Ready Set Go In Jump Jump every time the rope closest to the jumper hits the floor ★ jumper prepares on In and enters on Jump Jump where they will continue jumping ★ it helps to have 2 different coloured ropes so that the turners and jumpers can identify which rope they are counting ★ skippers should practise their entry with the ropes laid on the floor before trying it with ropes turning ★ most problems with entry are skippers forgetting to jump once they've entered ★ if this occurs count them in and continue to say Jump Jump to help with their rhythm <p>Checkpoints</p> <ul style="list-style-type: none"> ★ turners are slowing the ropes down a fraction to allow the jumper to get in ★ turners are not crossing their midline and letting the ropes touch ★ skippers are not jumping flatfooted ★ skippers are not jumping to low or to high ★ skippers are staying in time with the 12 beat 	<p>Challenge 1: each jumper aims to do 10 jumps without any errors increase the benchmark with increased confidence</p> <p>Challenge 2: in groups of 3 (2 turners and a jumper) use the Stop Drop Swap count to rotate everyone through each position. Spend approx 30secs on each position.</p> <p>Challenge 3: : 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 counting either rope and adopting the same count for normal entry.</p> <p>Challenge 4: stand to the left of the turner, place your left foot forward, on the normal entrance count enter on your right foot and continue in a jogging pattern This is the correct technique for Double Dutch Speed.</p> <p>Challenge 5: see if you can increase your speed without losing rhythm.</p> <p>Helpful Hint: for those children having difficulty in continuing to jump count “jump jump jump”etc clapping the beat with your hands.</p>



Double Dutch Skills	Description	Activity
<p>Exiting the Long Rope</p> 	<ul style="list-style-type: none"> ★ The turners will count 1, 2, Jump Out as the rope hits the floor ★ the jumper will do three jumps ★ and exit on the 4th jump (Out) ★ the jumper will exit to the left shoulder of the turner they are facing (this will be the jumpers right side) ★ the turner they are facing should be the opposite turner in which they entered ★ all of these steps should be practised with the ropes laid on the floor ★ Helpful Hints: many forget to jump out on the 4th jump ★ remind children they cannot run or step out of the ropes, they must jump ★ children still experiencing difficulty should practise their exit with the rope laid on the floor 	<p>Challenge 1: 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>Challenge 2: see figure of 8 instructions</p>
<p>Figure of 8</p> 	<ul style="list-style-type: none"> ★ a jumper moves in a Figure of 8 movement around each of the turners and through the ropes ★ 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 ★ the number of jumps will always need to be odd ★ Remember to let all children jump and turn 	<p>Challenge 1: jumper attempts the figure of 8 movement by completing 3 jumps then running through and around</p> <p>Challenge 2: jumper attempts the figure of 8 movement by completing 1 jump then running through and around</p> <p>Challenge 3: Several children line up in a diagonal and attempt the figure of 8 without missing a beat</p> <ul style="list-style-type: none"> ★ children complete one jump each ★ the goal for the next child in line is to run in as the child in front is running out ★ the rules of this game may vary based on the number and ability of the children

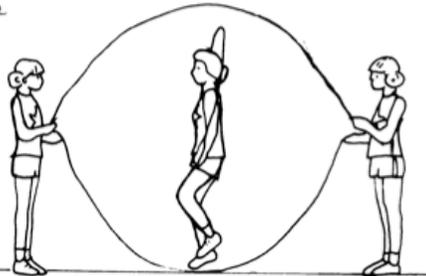


Coaching manual written by Carolyn Barker and Kym Warner.
 Art work by Cathy Dwyer. Edited by Jan Somers. This manual
 may be copied for coaching purposes but cannot be sold.
 Copyright owned by the Australian Rope Skipping Association.
WEBSITE : www.arsa.org.au

**Australian Rope Skipping Association
 Coaching Manual Level 1
 DOUBLE DUTCH SKILLS**

Double Dutch Skills	Description	Activity
<p data-bbox="226 392 546 459">Skills Inside the Double Dutch Ropes</p> 	<ul style="list-style-type: none"> ★ this will involve children who have mastered the basic entry and exit in double dutch ★ for level 1 skill ideas refer to level one single rope skills on pages ★ remember to practise outside the ropes first and to rotate turners and jumpers 	<p>Challenge 1: try a combination of level 1 skills before exiting</p> <p>Challenge 2: attempt level 1 skills with a partner entry should occur with each jumper standing next to each of the turners</p> <p>Challenge 3: entering from the middle try level 1 skills with more than 2 jumpers</p> <p>Challenge 4: entering from the side of the turner with a piece of equipment eg bouncy ball, basketball, Saturn balls and pogosticks N.B children should have had extensive practise on this equipment before attempting to use it while jumping</p> <p>Challenge 5: a child stands outside the rope and throws a ball to another child who is jumping inside the rope The child outside the ropes should line up facing the jumper and stand approx. 1m away. Far enough to not be hit by rope But close enough to make accurate passes and catches. Great activity for keeping in time!</p>



Double Dutch Skills	Description	Activity
<p data-bbox="208 427 568 496">Single Rope inside Double Dutch Ropes</p> 	<ul style="list-style-type: none"> ★ the single rope skipper (Person C) ★ enters the double dutch ropes with their single rope behind them facing the opposite turner in which they've entered ★ it is important that they lift their rope off the ground and do not start skipping until they have done a few jumps inside the double dutch ropes before they start turning their own rope ★ On Ready Set Go Skipper C will begin turning their own rope remembering not to let their feet stop jumping ★ this should be practised without the double dutch ropes turning several times standing in the correct position ★ when exiting the ropes Skipper C should stop the single rope and lift it up before jumping out ★ problems may occur if skipper C does not keep their feet jumping as they are attempting to turn their rope ★ this may suggest need more time without the ropes or adjustments of rope length 	<p>Challenge 1: Person C should count how many jumps they can do in the single rope before making a mistake or in a given time</p> <p>Challenge 2: attempt to do level one skills with the single rope inside the Double Dutch ropes</p> <p>Challenge 3: attempt to do Double Unders with the single rope inside the Double Dutch ropes</p> <p>Turners will need to slow down the ropes</p>