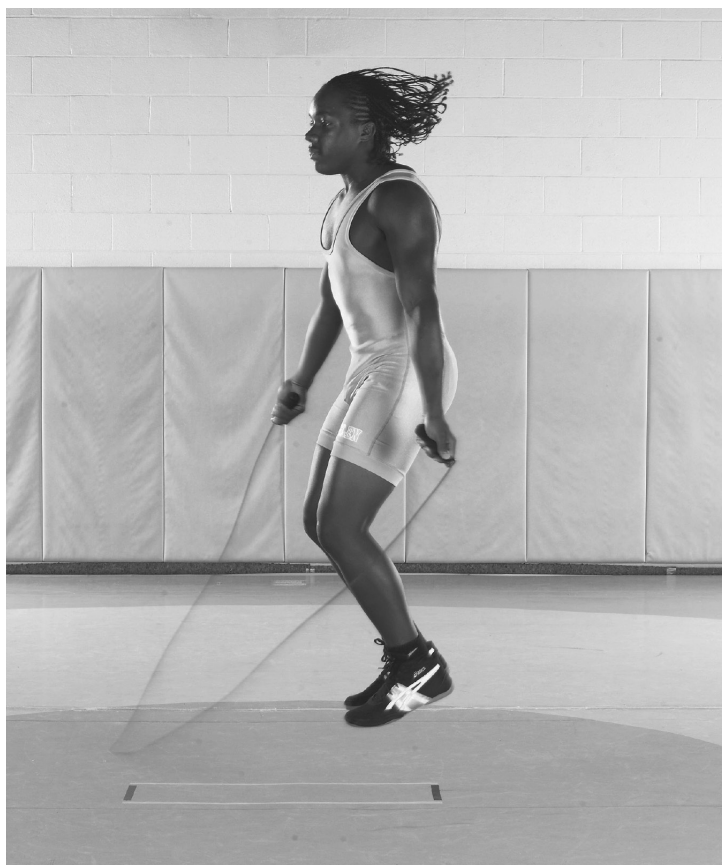


Forward and Reverse Jump Roping

By Bill Welker

Setup

The wrestlers face the coach ready to jump rope.



Coaching Points

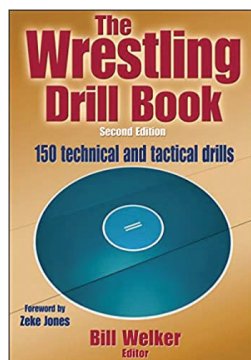
Stress to the wrestlers how important it is to perfect their jump rope skills as they pertain to hand-foot sequence agility and quickness. Every wrestling coach should incorporate rope jumping into his conditioning program. It best fits into group work activities. Jumping rope is also discussed in chapter 8's discussion of conditioning, along with a reference to Buddy Lee's jump rope Web site.

Variation

This drill can be performed using single foot jumping. Wrestlers can also try crossing their hands while jumping rope.

Action

The wrestlers jump rope on the coach's signal, going forward or reverse (backward) on the coach's command. The drill should last approximately 60 seconds and be performed as a group activity.



Excerpts from
*The Wrestling
Drill Book,
2nd Edition*