## Turner and Jumper

#### JUMP ROPE PARTNER TRICKS

 Partner A outside rope holds and turns 1 handle.

- Partner B inside rope holds and turns other handle while jumping.
- Switch roles.

#### Challenges

- How many can you do in a row without error?
- How many can you do before the signal?
- Can you do it backwards?







### Front-to-Front

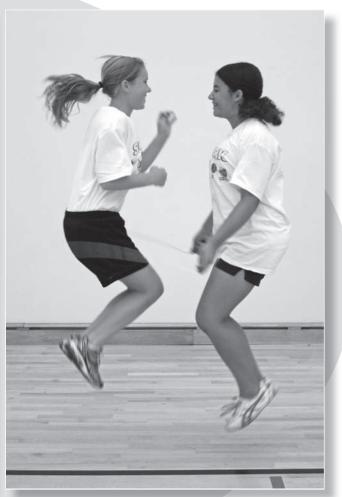
#### JUMP ROPE PARTNER TRICKS

- Partner A holds both handles of rope.
- Face each other and jump while Partner A turns rope.
- Switch roles.

#### Challenges

- Can you do it backwards?
- Can you do it with a single bounce?







## Front-to-Back

#### JUMP ROPE PARTNER TRICKS

- Partner A holds both handles and faces
   Partner B's back.
- Partner A turns rope while both jump.
- Switch roles.

#### Challenges

- How many can you do in a row without error?
- How many can you do before the signal?







## **Back-to-Front**

#### JUMP ROPE PARTNER TRICKS

- Partner A holds both handles and faces away from Partner B.
- Partner B faces back of Partner A.
- Partner A turns rope while both jump.
- Switch roles.

#### Challenges

- Can you do it with a single bounce?
- Can you do it with your eyes closed?









## Back-to-Back

#### JUMP ROPE PARTNER TRICKS

- Partner A holds both handles.
- Partners stand back-to-back.
- Partner A turns rope while both jump.
- Switch roles.

#### Challenges

- How many can you do in a row without error?
- Can you do it backwards?







## Turn While Jumping

#### JUMP ROPE PARTNER TRICKS

- Partner A holds both handles.
- Partner B faces front of Partner A who turns rope while both jump.
- Partner B jumps in a small circle.

#### Challenges

- Can you switch direction each turn?
- Can you turn with eyes closed?





# Side-by-Side Facing Same

#### JUMP ROPE PARTNER TRICKS

- Stand side-by-side facing forward, each holding rope with outside hands.
- Both turn and jump.

#### Challenges

- How many can you do in a row without error?
- Can you do it backwards?









## Side-by-Side Facing Opposite

#### JUMP ROPE PARTNER TRICKS

- Stand side-by-side 1
  facing forward, the other
  backward, each holding
  rope with outside hands.
- Both turn and jump.

#### Challenges

- How many can you do in a row without error?
- Can you do it with a single bounce?







# 2-Rope Exchange Facing Same

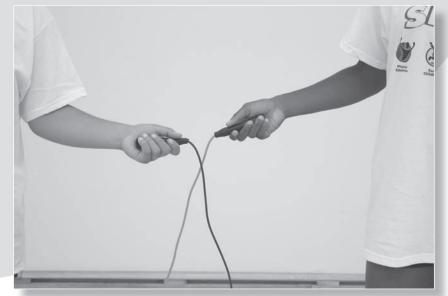
#### JUMP ROPE PARTNER TRICKS

- Stand side-by-side facing same direction.
- Exchange handles of inside hands.
- Turn and jump together.

#### Challenges

- How many can you do in a row without error?
- Can you do it backwards?







# 2-Rope Exchange Facing Opposite

JUMP ROPE PARTNER TRICKS

- Stand side-by-side facing opposite directions.
- Exchange handles of inside hands.
- Turn and jump together, one turning forward, the other backward.

#### Challenges

- How many can you do in a row without error?
- Can you do it with a single bounce?





**STANDARDS ADDRESSED:** 

SEZIENT MS SKILL CARD

## Partner Trick With Tossable

#### JUMP ROPE PARTNER TRICKS

• Jump the Front-to-Back while a 3rd person plays catch with the non-turning partner.

#### Challenges

 How many items can you "juggle" through the person catching?





### Create a Trick

#### JUMP ROPE PARTNER TRICKS

Create a new trick with your partner.

### Challenges

- Can you teach another pair?
- How many can you do in a row without error?

