Jump Rope Workout

* **Basic Hop- 30 seconds**
* **Single-Foot Hops - 15 seconds each foot**
* **Side-to-Side Jumps - 15 seconds**
* **Ali Shuffle - 15 seconds**
* **Twisters - 15 seconds**
* **Basic Hop - 30 seconds**

***Rest for 1 minute, repeat 3 times for a total of 4 rounds.***

**Single-Foot Hops**

This drill requires you to continuously jump over the rope with one foot (you can alternate feet after a certain number of hops). This trains your balance and single-leg explosiveness.

**Side-to-Side Jumps**

To perform this drill, simply skip side to side as you jump rope. This develops lateral quickness needed in sports to juke past defenders.

**Ali Shuffle**

Start with one foot forward and the other back. When you jump, quickly switch your foot position, shifting your front foot back and your back foot front. This is a perfect drill for agility and body control while backpedaling, something that's necessary for good defense.

**Twisters**

This involves rotating your lower body so that your hips, knees and toes turn left and right during each jump, while your upper-body orientation remains the same. This drill is for body control and improved speed when changing directions.