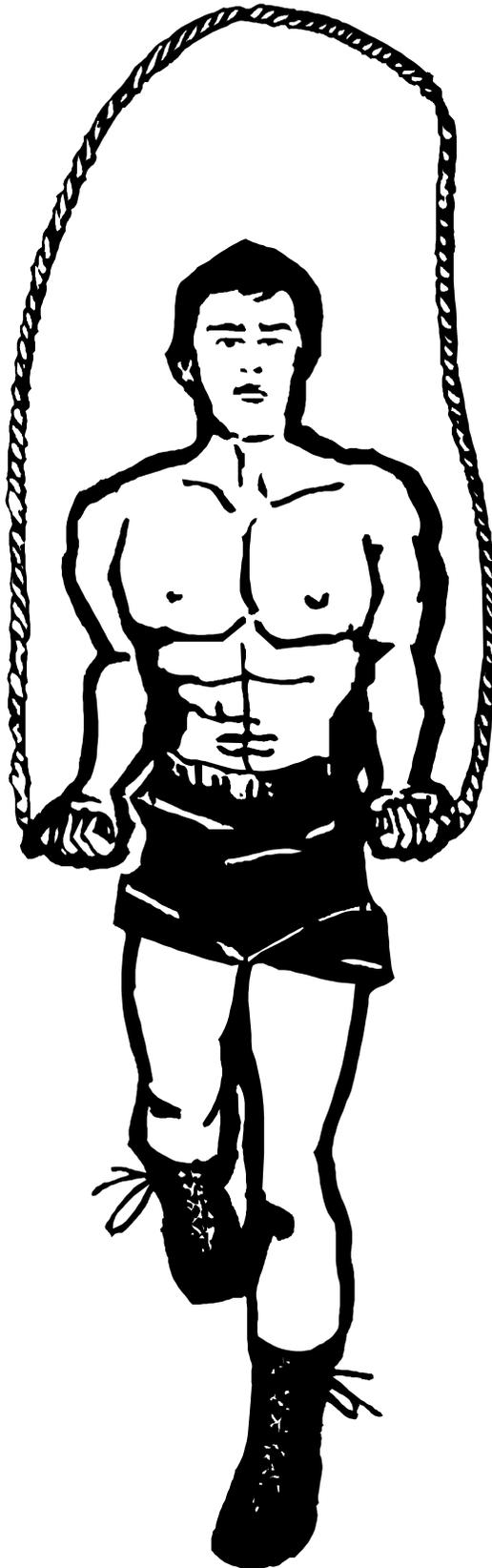


**USA BOXING**  
**RECOMMENDED TRAINING GUIDELINES**  
**“Don’t Skip Jumping Rope”**



Provided by Debra Stefan, USA Boxing Skip Rope Coach  
Debra has 17 years jump rope experience training athletes from many sports, amateur, collegiate, professional, and world-class. She is also the Nevada USA Jump Rope Federation coach and judge for AAU Junior Olympics.

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**A traditional mainstay in boxing, rope training needs to be emphasized. Jump ropes are provided for our boy’s boxing program and need to be utilized in each of the follow-up practices. Proper execution of the basic fundamentals is important for success in training. Like any other technique unique to the sport of boxing, jump rope must be coached. The benefits of rope conditioning are specific to the needs of a boxer and can carry over to many other activities. Benefits increase with proficiency. Proficiency is gained through proper training.**

**During each site orientation, participants will be coached in basic techniques and conditioning drills. The frequency for rope training should be 3 times a week to start. It is important not to exceed this at first. The following is the recommended training regime:**

**Five minutes of non-jumping warm-up**

- **This includes sidewinders, figure 8s, and toe catches. Even if a boy would rather do his own thing, get him to adhere to this drill for best results.**

**Ten minutes of jumping is the goal to train toward. Intensity can vary from low to high.**

- **Emphasize the use of figure 8 for starting, stopping, and recovering from misses. This is important for continuity. Let them know it is okay to miss as long as they try to recover with figure 8 and continue with a smooth transition back into rhythm.**
- **Two-footed jumping is easiest to coordinate, but is the most strenuous for muscular endurance. Alternate-foot jumping is learned by beginning with a one-handed sidewinder. Once the hands and feet are in sync, going through the loop can be achieved.**
- **Encourage the use of non-jumping rope techniques, (i.e., sidewinder and figure 8 done while marching or doing easy kick-outs) to keep going continuously for the 10 minute non-stop period. Sitting, or lying down during this workout period should not be allowed until the boy has properly cooled down to low intensity.**

**Following these training guidelines will produce best results for coordination, agility, muscular endurance, and stamina.**

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