

## Basic Mechanics of Skipping

- The basic body posture mechanics of walking are required and apply to skipping.
- The footwork:
  - (1) start with feet together
  - (2) shift weight to right foot
  - (3) lift left leg forward to 45 degrees
  - (4) perform a low short hop forward on the right foot (keep the left leg elevated)
  - (5) step forward onto the left leg
  - (6) lift the right leg forward to 45 degrees
  - (7) perform a low short hop forward on the left foot
  - (8) step forward onto right foot – continuous repeat of steps 3 to 8.
- Push the hips forward and keep them aligned in a vertical straight line as the standing foot hops forward. This will help the center of gravity stay over the 'ball' (toe-box) of the landing foot.
- The ball of the foot does a 'clawing' action (pull back/push off at the ground). This will eventually be very important to the running motion. The action is brought about by the contraction of the hamstrings and gluteal muscles.
- The core must keep the entire body 'chain' perfectly aligned (the vertebrae, hips, knees and feet) to ensure maximal force with the ground. Any break in the 'chain' will decrease the amount of ground forces and the resultant movement forward.
- Establish a rhythm of the footwork.
- Keep the center of gravity forward over the balls of the feet.
- Take a low short hop in the beginning. Increase to a greater distance and a faster pace as technique allows.
- Skip holding hands with a partner, skip in side-car position (side by side with a double hand cross-over).
- Make additions to the skipping: clapping, finger snaps, hand held music makers, choreographed stepping.

### Increase Difficulty:

- Skip with a high knee drive and high hop phase
- Skip backwards