**Double Dutch – Entering/Exiting Practice**

**Cues:** *ready • set • go • one • two • three • four • five (out)*

**Steps:**
1. Enter the ropes from the first turner’s left side and jump four times moving toward the second turner.
2. On the fifth jump, exit on the second turner’s left side.

**Tips:** Always jump out on the last count. • You may change the number of jumps between the entrance and exit. • Use an odd number of jumps to exit on the opposite side of your entrance and an even number of jumps to exit on the same side as your entrance.

**Double Dutch – Entering/Exiting Run Through**

**Cues:** *ready • set • go • go • go (etc)*

**Steps:**
1. Jumpers line up on the first turner’s right side.
2. Jumpers enter, jump once and exit on the second turner’s right side.
3. Jumpers walk around the back of the second turner and line up on the second turner’s left side.
4. After all jumpers are through the ropes, all re-enter from the new line and keep jumping, creating a figure-eight pattern.

**Tips:** Since the exit occurs immediately after the entrance, jumpers may leap through the ropes instead of jumping on both feet. • The second jumper enters as the first jumper exits, etc. • Turn the ropes slowly at first. As the jumpers improve, gradually increase speed. • Jumpers may also enter two or more at a time. • If a jumper gets caught in the ropes, the turners must immediately release the handles to avoid tripping the jumper.