

S.K.I.P.® Progression

PHASE I: TECHNIQUE – Weeks 1-2

TOE walks
HEEL walks
Dog & Bush Walk
Quad Hops
Figure 4-walks
Forward Lunge
Backward Lunge
Step Overs
Bear walk FWD/BWD
Dynamic Hamstring
Leg Overs
Prone Scorpions

Phase I: Plyo Technique

Wall Jumps – 25 seconds *knees slightly bent and facing straight ahead, arms up and eyes up*
Week 2 – 30 seconds
Tuck Jumps – 25 seconds NO DOUBLE BOUNCE
Week 2 -- 30 second
Squat Jumps – 15 seconds *begin in squat touching floor by heels, knees under hips*
180 jumps – 25 sec *soft lightly flexed knees in opposing directions*
Week 2 – 30 seconds
Broad Jump with stick: 3 – 5 jumps and hold for 5 seconds

STRETCH: Individual and/or partner

Hamstrings	Post Shoulder
ITB against wall	Triceps
Quad Hops	Pecs/Biceps
Hip Flexor (standing)	Low Back
GS and Soleus	

PHASE II: FUNDAMENTALS Week 3-4

TOE walks
HEEL walks
Dog & Bush Walk
Quad Hops
Figure 4-walks
Helicopter Lunge walks-FWD and BWD
Step Overs
Bear walk and progress to Inchworms FWD and BWD
Dynamic hamstrings
Leg Overs
Prone Scorpions

PHASE II: fundamentals

Wall Jumps arms up – 30 seconds
Week 2 – 35 seconds
Tuck Jumps – 30 seconds NO DOUBLE BOUNCE
Week 2-- 35 second
Squat Jumps – 20 seconds (touch floor by heels)
Week 2 – 25 seconds
Scissor Jumps/Lunge jumps – 30 seconds (begin in long lunge position)
Week 2 –
If fatigue or legs get wobbly stop
Push off with power from front leg

Triple Broad Jump Vertical with stick – 3 jumps

Deep crouch position with each take-off and landing, hold stick for 5 seconds

Single-Leg hop for distance with stick– 3 times each leg

Bounding for distance—keep knees high; not jog or high knees and use arms
with knee drive across gym 1 time week 1 and 2 times week 2

PHASE II Flexibility PHASE I

PHASE III (weeks 5-6) PERFORMANCE

Toe walks
Heel walks
Dog & Bush Walk
Quad Hops
Figure 4-walks
Lunge walks-FWD and Helicopter lunges BWD
Step Overs
Inchworms FWD and BWD
Dynamic Hamstrings
Leg Overs
Prone Scorpions

PHASE III: PLYOs -- decrease time and increase reps maintaing quality

Wall Jumps arms up – 20 seconds

Week 2 – 35 seconds

Tuck Jumps – 30 seconds NO DOUBLE BOUNCE

Week 2-- 35 second

Squat Jumps – 25 seconds (touch floor by heels)

Week 2 – 25 seconds

Scissor Jumps/Lunge jumps – 30 seconds (begin in long lunge position)

Week 2 – If fatigue or legs get wobbly stop

Triple Broad Jump Verticle with stick – 3 jumps

Single leg Hop, Hop, Hop, Stick – 3 times each leg, hold and stick for 5 seconds

PHASE III Flexibility PHASE I

ELEMENTARY AGE:

K-2

Basic developmental skills—skipping, jumping, etc.

They can perform most simple dynamic flexibility

No weight training

BODY WEIGHT ACTIVITIES

Squats

Push ups

Lunges

Crunches

Abdominal Progression

Grades 3-5

Same as above but can understand and grasp concepts better

Running form drills:

Arm swings

“A” Marches and progress to “A” Skips

“B” Marches and progress to “B” Skips

Bounding for distance

Bounding for height

Carioca/grape vines

Box jumps

Initial plyos—double leg jumps