



Name _____

Jumping Rope Techniques Word Search

C M B N Z I E E P Z B B O P I O X Z U M
M Y O C D F L P H H G Z D J Y S A A H E
T U A R Y A Z R W T R J G M U W E X Y J
U X P X H T B X F R Q Q O X S Q T S Y X
D D F T S P Y Z N I I N T V B Q M G E W
S X W C U A G T D P M O W B H D G Z U G
P D W I J U O W P L R X S V I N G F J O
W F A H B L S I D E S W I N G S M J M L
L R G J N H V S G K S W N D H H N O J D
I N C D K P E T F S I M G M K H B G Z N
E D K K C B V E O X I E L X N I H S J A
G W J G R S A R L H L I E W E W Y T O J
P B W F O C C S E T U C L M E V S E F T
S X S L S S U I I L O E E U T K L P I J
Z G F Y S E C L S C P E G Q U B V I Z R
G S N I O F P X E S O Q P O U J Q K C N
J P R V V S I D E H O P R O N W C Y O E
H C S D E B A C K W A R D P Z W P S T N
S R P V R G U S J S V I T A B G F A R L
V D U Z B Q M K B Q R U X R O V S A Z L



Basic
Double
Crisscross
Backward
High-knee

Side-swing
Jog-step
Heel-toe
Twister
Crossover

Split-leg
Scissor
Side-hop
Single-leg
Triple