

## **Triple Jump Drills..... Dave Jorgensen, Grand Island High School**

**Every day that we drill for only the Triple Jump; we do fence drills. (Muscle Memory)**

**Knee Up**

**Knee Up, Toe Up**

**Knee Up, Toe Up, Rip**

**Knee Up, Toe Up, Rip, Knee Up, Toe Up (hold), Rip**

**Knee Up, Toe Up, Rip, Knee Up, Toe Up (hold), Rip, Knee Up,**

**Knee Up, Toe Up, Rip, Knee Up, Toe Up (hold), Rip, Knee Up, Hang**

**Knee Up, Toe Up, Rip, Knee Up, Toe Up (hold), Rip, Knee Up, Hang, Scoosh**

***Triple Jump Drills with Cones or Hurdles on the Grass.***

*Once a week during the season; once meets start, possibly twice a week in preseason.*

**One/Two legged cycles or bounds over hurdles. Four hurdles set on low or scissors hurdles set on 18” and work up. 5 meter approach and 5 meter run out.**

**Ratio cycles or bounding. Set four cones 10’ apart and give them a 5 meter approach they must cycle or bound the cones and then run out 5 meters.**

**Ratio cycles and bounding. Set four cones 10’ apart and give them a 5 meter approach. They must cycle the first two and bound the second two. Run out 5 meters. Gradually move the cones apart.**

**Ratio/Alternate cycle and bounding. Set four cones 10’ apart and give them a 5 meter approach. They must cycle the first one and bound the second cycle the third and bound the fourth. Run out 5 meters. Gradually move the cones apart.**

**Cycling and Bounding for Speed. Set two cones 20 meters apart and give them a 5 meter approach. Race a teammate the 20 meters cycling or bounding plus 5 meter run out.**

***Triple Jump Drills with Cones and Boxes on the Runway.***

*Once a week during season or preseason*

**Scoosh Drills off of a bench or chair in the sand.**

**Knee up jumps off a 30-36” box into jump pit or pit. Working on flight pattern, we hang jump. Coach can stand to side and front of the box and have athlete drive knee through the hand. We choreograph the jump on the grass with the young jumpers.**

**Pop-ups off 6” box, 3, 5, 7 step run into the box. Drive knee up, chest out and up, double arm, hang, heels into sand first, collapse into your own mark, power out. (scoosh)**

**Cycle/Step/Jump off 6” box. Rocker step into the cycle, then bound up onto a 6” box and finish into the pit. This is an elementary drill for getting the bound knee up. The 6” box will not make them do it but it will make them think about doing it. We will advance this drill to a 12” or possibly 18” box later in the season.**

**Cycle down/ bound up/ finish off box Using 2 medium height jump boxes 8” to 16”; space the boxes at least 6’ apart, have the athlete get on top of the first box. The idea is to simulate coming down from the cycle and getting the knee up into the bound phase of the jump. As the athlete cycles down from the box they must load the drive knee up and**

prepare to land flat footed. In this drill they must work to get back up onto the next box and then to finish into the pit. This is not for the young jumpers; as with any plyometric of this sort these must be elite, strong jumpers. You do not want to do this more than three times in one night. 1x3

**Sand Jumps** Once a week the last thing that we do is a set (1x3) of sand jumps. Our pits range from 25 to 28' long, we rake them flat and then each athlete will stand at the end of the pit and do a standing triple jump and try to jump out of the end of the pit. This is a great drill for balance and also helps to develop strength in the legs. We try to throw sand with our feet.

*Target Jumping (11-9-10 ratio)*

This ratio has worked for us. You may wish to use any of the other ratios that you can find in any number of books. We want to “out bound” everyone else in the meet. It is my feeling that when the athlete hits that “big one” that they will not have to *reach* for that bound, that it will be there.

**3/5/7 Step Approach Target Jumps**

Everything is measured from the edge of the pit on this drill. Set a cone approximately one foot from the edge of the pit. Or mark it with a huge white tape X. Measure back the length of the Bound and set a cone or tape, then measure back the length of the Cycle and set another cone or tape. This will become the take-off board. The athletes run will be either 3/5/7 steps. Have athletes jump their ratio. Don't allow them to move up to a higher target without being able to hit their marks twice in a row. You may need to have three sets of cones going at the same time. It's good to have different heights or colors of cones if you are going to run several groups.

Things will go slower for both the athlete and the coach because of the short run. Now you can watch such things as a double or single arm action, an active take off from the board (flat foot), cycle the knee through the cycle, keeping the body TALL in the bound (elbows back, knee to 90, toe up and heal under, and back leg heal to the butt so that it can load) active foot into the jump.

<u>Target</u>	<u>Cycle</u>	<u>Bound</u>	<u>Bound Up</u>
25'	9-2	7-4 (16-8)	8-6
26'	9-7	7-9 (17-4)	8-8
27'	10	8 (18)	9
28'	10-4	8-4 (18-8)	9-4
30'	11	8-9 (19-9)	10-3
32'	11-10	9-6 (21-4)	10-8
34'	12-7	10 (22-7)	11-5
36'	13-4	10-8 (24)	12
38'	14-1	11-3 (25-4)	12-8
40'	14-9	11-10 (26-7)	13-5
42'	15-6	12-5 (27-11)	14-1
44'	16-4	13 (29-4)	14-8
46'	17	14-4 (31-4)	16

*( We also use these measurements in our pre-meet preparation. Jacey measured 24' and Mackenzie 26'; while Mitch and Lee, measured 30'. They would watch that mark for each other. At state I had another coach watch the board and I watched where they were Bounding to.)*