



Championship Long Jump

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- IDENTIFYING TALENT
- TECHNIQUE
 - APPROACH AND RUNWAY
 - TAKEOFF
 - AIR MECHANICS
 - THE LANDING
- JUMP TRAINING
- SPEED TRAINING
- COMPETITION WARM-UP
- MY PHILOSOPHY

Our Focus

- ALWAYS LOOK FOR ATHLETES WITH SPEED AND COORDINATION
- START COORDINATION TRAINING EARLY!
- ENCOURAGE MULTI-EVENTS



Identify Talent



- LENGTH

- 12 TO 18 STEPS

- RHYTHM

- 3 PHASES

- PUSH-PUSH-LIFT-LIFT-TURNOVER-TURNOVER-TURNOVER

Approach / Runway

➤ START POSITIONS

- STANDING
- TAKE SOME STEPS
- SKIP INTO THE RUN

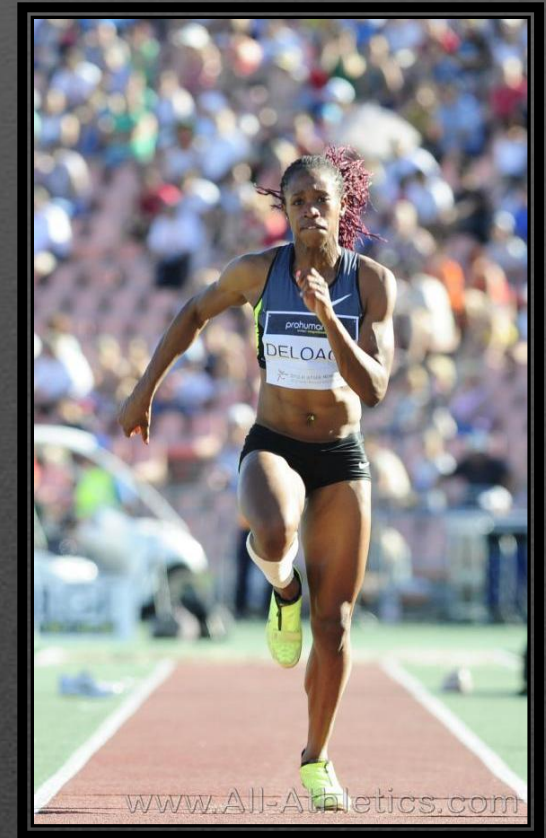
➤ PUSH PHASE

- PURPOSE IS TO CREATE INERTIA
- SHOULDERS IN FRONT OF HIPS
- FULL BODY LEAN WITH FULL OR TRIPLE EXTENSION



Approach / Runway

- LIFT PHASE
 - PUSH PHASE WILL TRANSITION INTO THE LIFT PHASE
 - HIPS LIFT INTO POSITION, TO CREATE GOOD KNEE LIFT
 - IT SHOULD TAKE A FEW STEPS TO LIFT UP INTO A GOOD UPRIGHT POSITION



Approach / Runway

➤ TURNOVER PHASE

- GOOD UP RIGHT RUNNING POSITION AND CLOSE TO TOP SPEED
- 6 TO 8 STEPS OUT FROM THE BOARD
- THIS IS WHERE VISUAL STEERING STARTS
- INCREASE ARM CADENCE AND ACCELERATE THROUGH THE BOARD
- FOOT JUST BEHIND THE BOARD

Approach / Runway

- PENULTIMATE STEP
 - SECOND TO LAST STEP
 - SLIGHTLY LOWER HIPS
 - LAND DORSI-FLEXED AND FLAT FOOTED
 - NO EXTRA BEND IN LEG
 - KEEP IT VERY SUBTLE
- TAKE OFF STEP
 - LAST STEP SLIGHTLY SHORTER THAN THE REST
 - LAND DORSI-FLEXED AND FLAT FOOTED

Takeoff

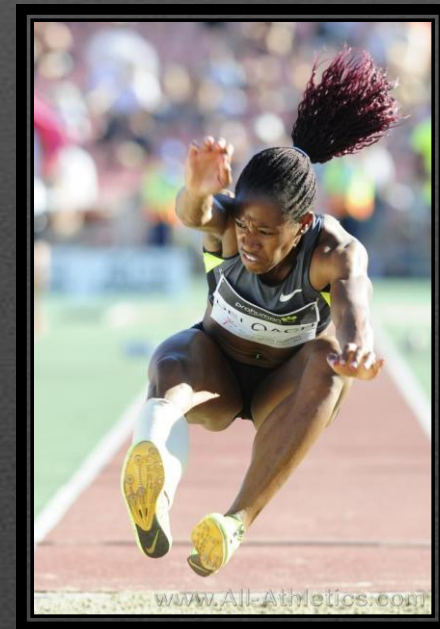
- THE TAKEOFF IS A PUSHING ACTION
 - FULL OR TRIPLE EXTENSION IN TAKE OFF LEG
 - GOOD KNEE SEPARATION
- DRIVE KNEE
 - PARALLEL TO GROUND AND PERPENDICULAR TO UPPER BODY
 - FOOT DORSI-FLEXED AND UNDER KNEE
- SINGLE ARM PUNCHING ACTION

Takeoff

- MINIMIZE FORWARD ROTATION
- 3 METHODS
 - HOLD
 - HANG
 - HITCH KICK

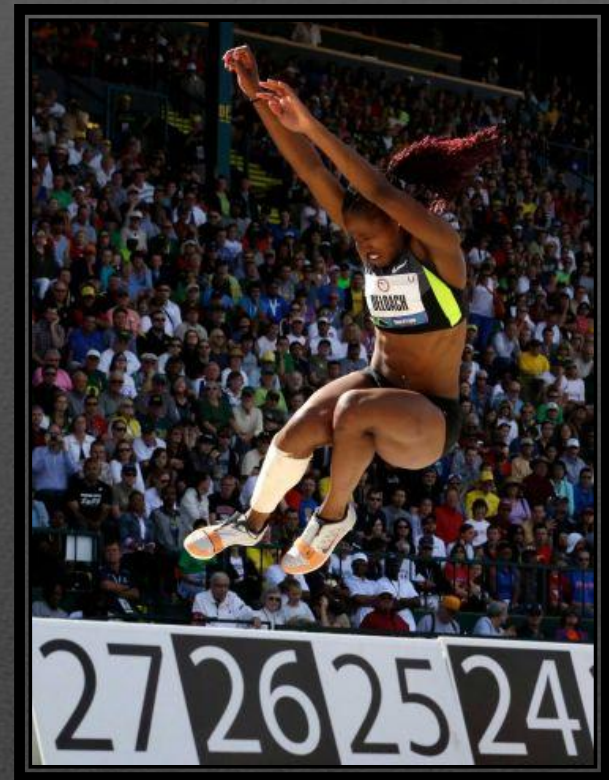
Air Mechanics

- STRETCH LEGS AND HANDS OUT IN FRONT
- PUT ON THE PANTS
- HANDS ON THE OUTSIDE
- BACK OF HEELS HIT THE SAND FIRST
- LEGS SHOULD COLLAPSE
- BUTT LANDS SLIGHTLY OFF TO ONE SIDE
- HEAD STAYS IN A NEUTRAL POSITION



The Landing

- RUN OFF THE BOARD
- ARMS WILL BLOCK AND THEN EXTEND UP ABOVE HEAD
- DRIVE KNEE STAYS AND TAKEOFF LEG COMES UP TO MEET IT
- SEATED POSITION
- STRETCH THE MIDDLE OF THE JUMP
- HOLD UNTIL APPROACHING SAND



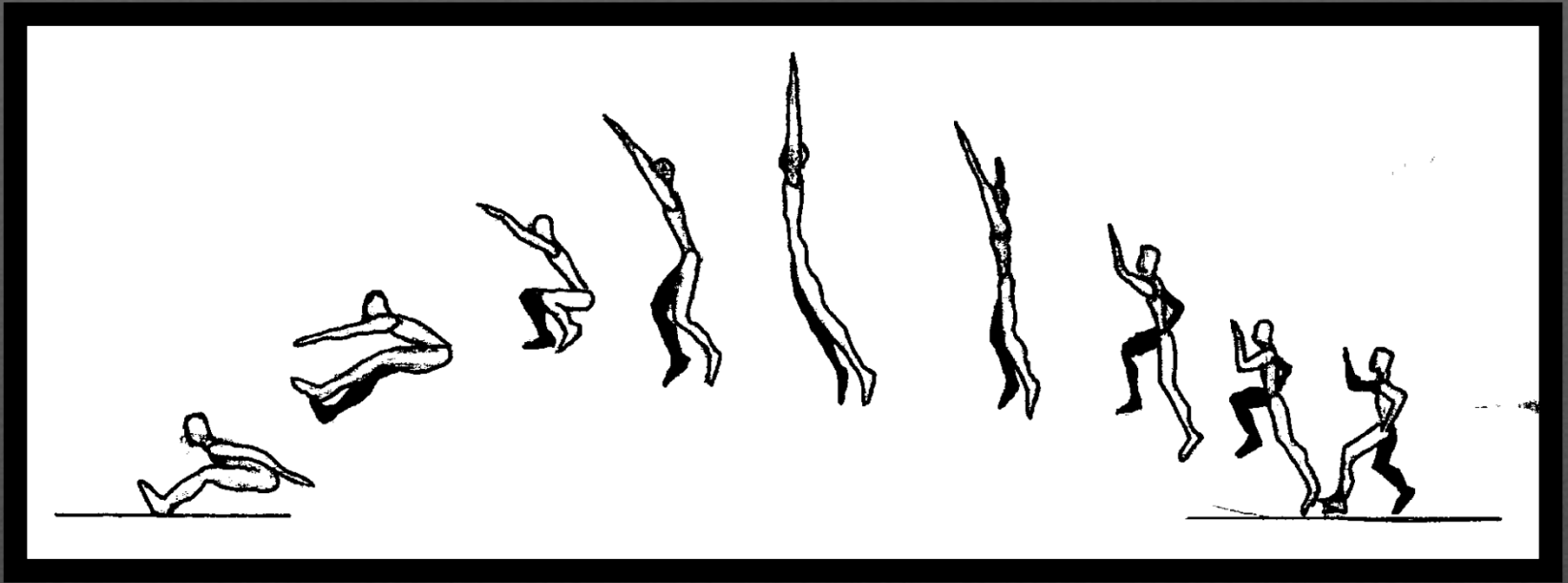
The Hold



The Hold

- RUN OFF THE BOARD
- ARMS WILL BLOCK AND THEN EXTEND UP ABOVE HEAD
- DRIVE KNEE WILL DROP DOWN AND MEET TAKEOFF LEG
- NEVER ARCH THE BACK
- FULLY EXTENDED CREATES A LONG LEVER
- STRETCH THE MIDDLE OF THE JUMP
- KNEES COME UP INTO A SEATED POSITION WITH ARMS STILL UP

The Hang



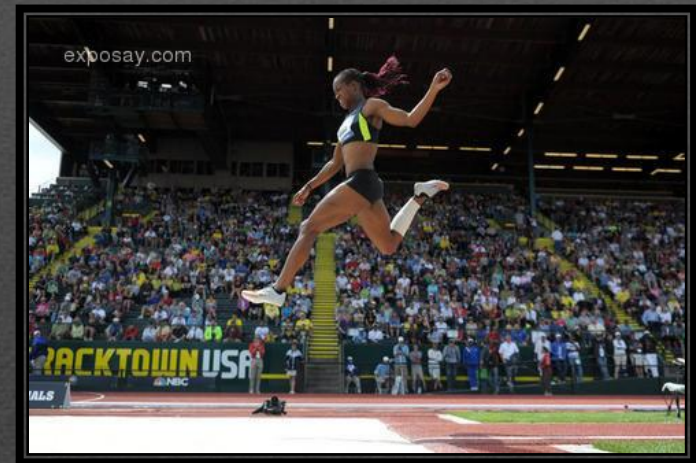
The Hang

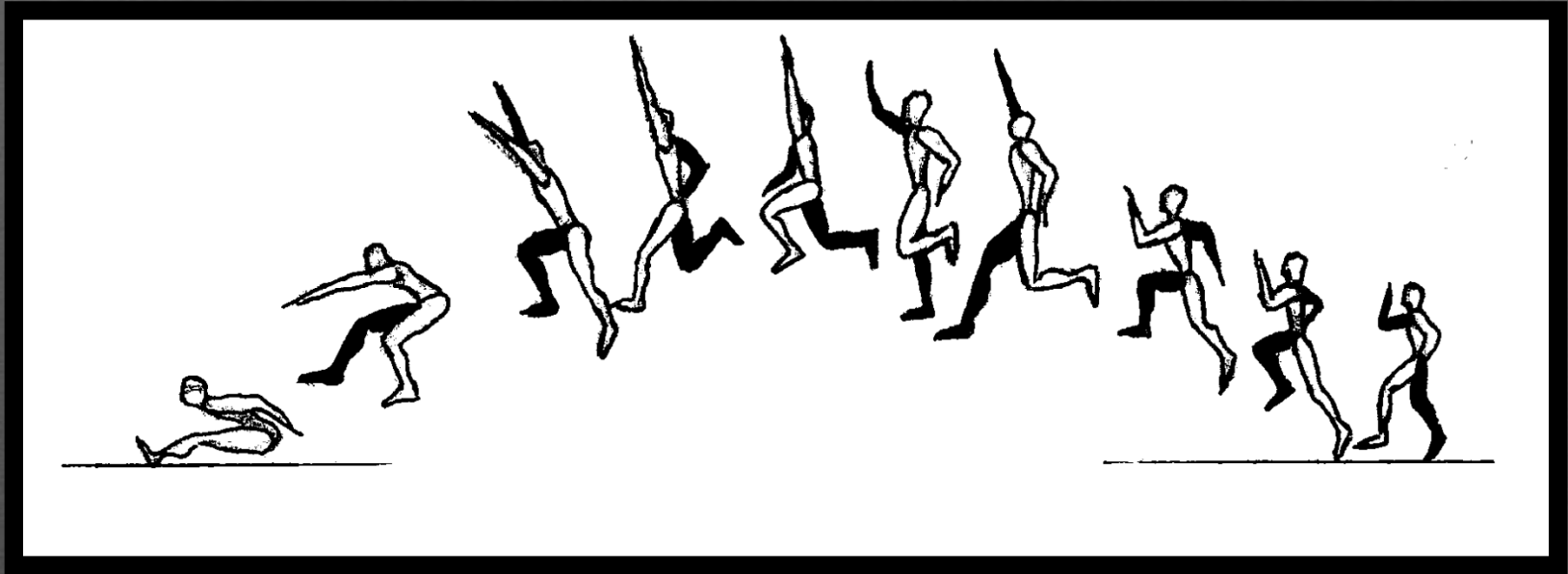
- RUN OFF THE BOARD
- ARMS HIT A SLIGHT BLOCK
- THE ARM DRIVEN BACK WILL CYCLE AROUND BACKWARDS ONE AND A HALF TIME, ENDING EXTENDED ABOVE HEAD
- THE ARM DRIVEN FORWARD WILL STOP AND CHANGE DIRECTION, SWINGING BACKWARD, ENDING EXTENDED ABOVE HEAD
- THE TWO ARMS WILL MEET UP, STRETCHED ABOVE THE HEAD

The Hitch Kick

- GET A GOOD KNEE DRIVE
- THEN THE DRIVE KNEE WILL DROP DOWN AND DO A FULL CYCLE
- THE TAKE OFF LEG WILL DO A FULL CYCLE AND A HALF
- HIGH HEEL RECOVERY WHEN STEPPING OVER OPPOSITE KNEE
- WILL END UP IN THE SEATED POSITION

The Hitch Kick





The Hitch Kick



The Hitch Kick



The Hitch Kick

- HIGH INTENSITY AT ALL TIMES
- VOLUME OF JUMPS
 - DEPENDENT ON THE INDIVIDUAL AND TRAINING AGE
 - EARLY SEASON: HIGHER VOLUME
 - LATE SEASON: LOWER VOLUME
- FREQUENCY OF JUMPS
 - SOME ATHLETES WILL JUMP ONLY IN MEETS
 - IN SEASON, PRACTICE JUMPS ONCE A WEEK OR NOT AT ALL

Jump Training

- HIGH INTENSITY AT ALL TIMES
- 48-72 HOURS RECOVERY
- YOU MUST ACT AS A SPRINT COACH
 - DEVELOP PROPER MECHANICS
 - EMPHASIZE SPEED
- ACCELERATION VS. TOP SPEED

Speed Training

- ACCELERATION, TOP SPEED, RUN-THROUGHS
 - PRE-SEASON
 - FOCUS ON ACCELERATION
 - WORK ON PARTS OF THE RUN-THROUGHS
 - EARLY SEASON
 - FOCUS ON ACCELERATION AND TOP SPEED
 - PRACTICE THE WHOLE RUN-THROUGH
 - LATE SEASON
 - FOCUS ON TOP SPEED
 - I ALMOST ALWAYS DO SPEED WORK TWO DAYS OUT FROM COMPETITION

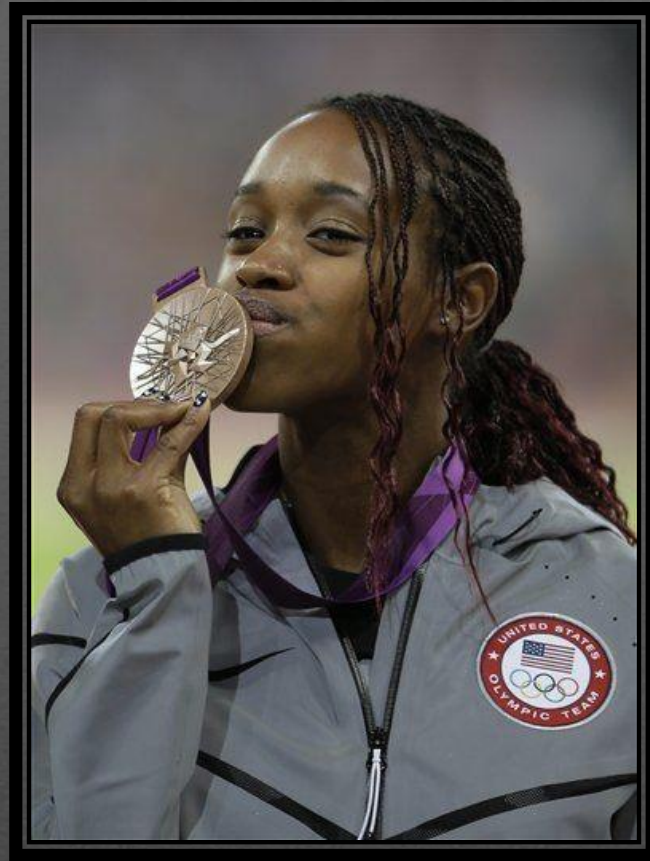
Speed Training

- ALWAYS WAKE UP AT LEAST FOUR HOURS BEFORE COMPETITION
- NO STATIC STRETCHING WITHIN TWO HOURS OF COMPETITION
- DYNAMIC WARM-UP
- DO AT LEAST TWO FULL APPROACH RUN-THROUGHS WITH POP-OFF
- DO AT LEAST TWO SHORT APPROACH JUMPS
 - MAKE THE LAST COUPLE SHORT APPROACH JUMPS A LITTLE LONGER TO MAKE IT FEEL LIKE THE REAL THING
 - NEVER DO FULL APPROACH JUMPS IN WARM-UP

Warm-Up for Competition

- MY COACHING PHILOSOPHY
- KEEP IT SIMPLE STUPID!
 - DON'T OVERWHELM YOUR ATHLETE OR YOURSELF
 - FIND THREE THINGS AT MOST AND KEEP THOSE AS THE THEME
- ENJOY THE PROCESS!
 - ONE STEP AT A TIME,
 - ENJOY THE PROCESS,
 - ...AND THE OUTCOME SHOULD COME

KISS and Enjoy



Outcome
