

Horizontal Jumps

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Coach Ryan Ziola

- Coaching Philosophy influenced by Doane University Track and field culture. “One team, One goal, One championship”
- Pat Murphy (Fremont Track and Field horizontal jumps coach)
- Dave Ziola (my dad and retired Doane University horizontal jumps coach)
- Fred Beile former track and field head coach at Doane University
- Experience: Volunteer Lincoln Southwest 2010-2012; Lincoln North Star 2013-Present; Volunteer at Doane University Track Camps

Objectives:

- My hope is that you will find a few drills/ideas to take back with you to improve your horizontal jumps programs.
- The information contained in the presentation is what has been successful for me up to this point.
- Feel free to ask questions about any of the information during the presentation or demonstrations.

Horizontal Jumps Safety Considerations

- Never neglect safety and always provide supervision around jumps areas
- **Spectator safety:** Areas roped off for spectators to stay behind.
- **Athlete safety:** Non competitors far enough back that they do not cross the runway during competition.
- **Equipment safety:** Rakes face down, pits free from debris, pits turned over, board edges not sticking up from runway

Long Jump Approach

- Most important part of LJ. 80% of practice time spent here
- Goal is to develop consistency down the runway. I prefer a simple “rock back and go” to start the approach for better consistency during approach.
- **Finding Approach:** Beginners 10-12 steps; Intermediate 12-14 steps; Advanced 14-18 steps. Adjust according to athletes speed and ability level. Count their steps. Be able to gauge when athlete reaches top speed.
- **Scattergram Method:** Take athlete away from runway. Put an X in chalk on the ground. Athlete puts their takeoff foot on the X. Athlete sprints down track while coach is counting their steps and making a small mark on track where their foot lands on the 10th step for a 10 step approach. Repeat 3x. Take the average of the 3 marks. Use a tape measure. Put “0” end of tape on the X. Pull tape to the average mark and record the distance. Take to runway and “clean up” the mark adjusting as necessary.

Long Jump Approach

- Practice the first 4 steps. (Drive Steps) Cues: “Push out the back.” “Step Over.”
- Can mark first 4 steps just like in the scattergram method. Take average. Look for consistency.
- Athletes can use this 4 step check if they are having trouble fouling.
- Coach can also time the approach for consistency.
- Full approach run throughs without takeoff.

Drills for Approach

- Acceleration runs mark with tape or chalk on track
- 40cm-50-60-70-80-90-100
- Fouling problems: Steering drill 15-15-12-20-8 meters; Time approaches; coaches box 26'-30' from board. 4 steps out from takeoff. Helps with attack speed into the board.
- I like to adjust my athletes by "foot steps": 1/4 of a shoe back or forward; 1/2 shoe; 3/4th shoe; 1 full shoe; I tell them to leave original mark down so we have a reference point to go back to if needed.

Long Jump Takeoff

- Lead knee blocked to 90* (Phase-1 position)
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- Watch to make sure athlete is not swinging leg out like kicking a football.
 - Up tall on takeoff.
 - Last two steps must be flat-flat to lower the center of mass for takeoff. Preferably “long-short”. Listening is the best way to tell if this is happening.
 - Film check for lowering of hips and see that the foot is cast-ing past the ankle. Don't let them be “toey” (pushing off of their toe instead of flat-flat).
 - Arms blocked to 90* on take off then drop, come over the top and finish.

Long Jump Takeoff Drills

- Repetitive approaches with phase-1 position only.
- ~~Short approach takeoffs/jumps from 6-10 steps.~~
- Double box drills. 2" box & 4" box to practice last two steps.
- Little hurdle drill to practice takeoffs and putting foot down flat.
- Double box drill into High Jump pit to emphasize blocking the knee to 90*.
- It is also good for coaches to emphasize "putting your foot down" to ensure jumpers are not over striding to get to the board.
- Reaching or placing the foot too far in front of center of mass will most likely result in a foul. It will also cause a "braking" action, thus decreasing horizontal velocity on the runway.

TRIPLE JUMP

- The winner of the triple jump will be the person who brings the most speed to the board and *maintains this speed throughout the 3 phases*.
- I prefer the terms “Cycle-Bound-Bound up” for the 3 phases rather than the “hop-step-jump” that is commonly used. Why? Paints a better picture for athletes on what it should look like.
- **Approach:** almost the same as the long jump except for the last two steps. Find by using the scattergram method.

Cycle Phase

- There is no lowering of the center of mass on the takeoff. The athlete should be “running off” the board. Problems arise when center of mass lowers which causes the take off to be too vertical.
- **Cue:** RUN OFF THE BOARD! Must be more out than up.
- If in the beginning you want to try to stay away from takeoff problems begin them on their non-dominant leg. Left leg long jump start then start them on the right leg in the cycle on the triple jump.

Cycle Phase

- Important that the athlete remains upright on takeoff in cycle.
- **Cues:** Focal point for eyes-chest out-head level
- Leg “cycles” around. Cycle must be a full cycle with the knee coming around to parallel and pawed or frankensteined back in the ground-helps prevent forward rotation. Knee should be at 90* and not “pogo-legged” or straight.
- When your jumper can master this phase you will have a triple jumper!

Drills for Approach and Cycle Phase

- Full approaches working with cycle phase distance.
- Standing Cycles progress to Walking cycles.
- Short approach 4-6 step cycles- preferably on grass, turf, or section of wrestling mat to help absorb some of the impact.
- Cycle over little hurdle from 4-6 steps.

Bound Phase (Phase 2)

- Dynamic strength important in this phase. Athlete must try to get to bound position and hold as long as possible.
- CUES: Hold Knee; Hold Phase 2; Ride it out; statue position
- Upper body must not rotate forward. Shoulders back, chest out, head level, eyes focused ahead
- Foot must come down in correct place. Slightly ahead of center of mass so athlete will be able to take off into the bound up phase.

Bound Phase Drills

- Full approach Cycle-Bounds
- Continuous bounds alternating legs
- Frankensteins into bounding for beginners
- Short approach C-C-B-BU (works well to teach bound phase)
- Continuous C-C-B's x 3-5
- 6 step cycle-bound over little hurdles

Bound Up Phase (Phase 3)

- Will be the slowest phase, similar to long jump phase.
- Drive knee up-chest out-chin up (try to jump to ceiling or like dunking a basketball or going up for a block in volleyball).
- Check to make sure takeoff foot is not too far underneath.

Bound Up Phase Drills

- Use 4" box or springboard from 6 steps practice holding the position off takeoff.
- Bound-Bound Up from 6-8 step approach into pit or on grass/turf.
- 6-8 step triple jumps into the pit.
- 6-8 step long jumps off your jump foot into pit.

Contact Information

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