

Boo Schexnayder

Technique and Accuracy in the Horizontal Jump Approach

The Start

- Mechanics of the Start
 - Simplicity and Consistency
 - Stance & Shins
 - Hip and Shoulder Positions
 - Weight Distribution
- Types of Starts
 - The Crouch Start
 - The Rollover Start

Horizontal Jump Approach Basics

- Approach Length - Step Number
- Odds and Evens
- Handedness Patterns
 - Choosing the Starting Foot
 - Choosing the Jumping Foot

Approach Starts



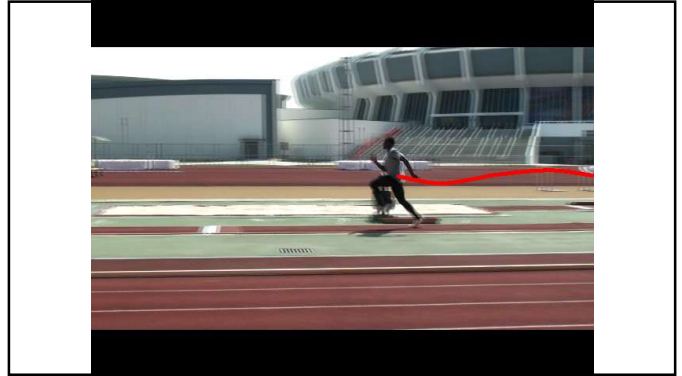
Phases of the Approach

- The Start
- The Drive Phase
- The Continuation Phase
- The Transition Phase

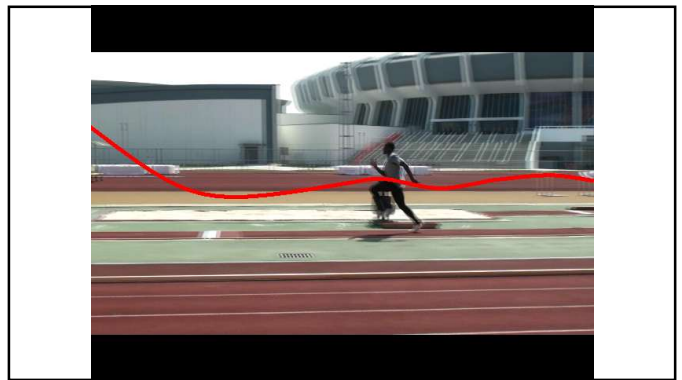
The Drive Phase

- Momentum Development
- Mechanics of the Drive Phase
 - Frequency
 - Displacement
 - Range of Motion
 - Progression of Body Angles
 - Achieving Good Posture
 - The Head
 - The Hips

The Wall Drill

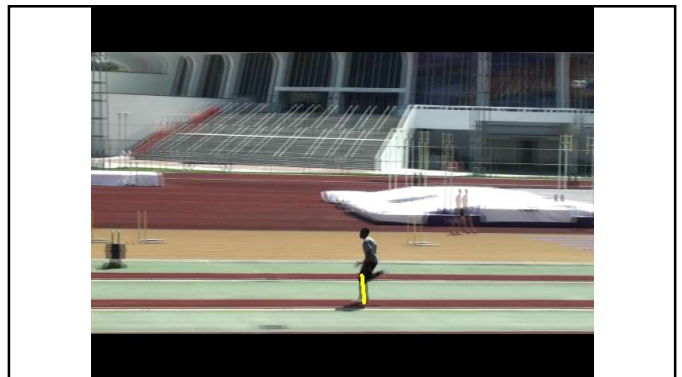


Resisted Runs



The Continuation Phase

- Conservation and Preservation
 - Posture
 - Range of Motion
- Frequency Development
- Vertical Pushing
 - Establishing a Vertical Motor Environment
 - Examining Shin Angles



Stadium Runs



Visual Focus in the Approach

- Steering and Target Tracking
- Visual Focus in the Phases
 - The Drive Phase
 - The Continuation Phase
 - The Transition Phase

The Transition Phase

- Conservation and Preservation
 - Posture
 - Range of Motion
 - Vertical Bounce
 - Frequency
- Common Problems
 - Diminished Amplitude
 - Excessive Frequency Increases
 - Issues Resulting from Lack of Momentum
 - Steering and Accuracy Issues

Approach Assembly

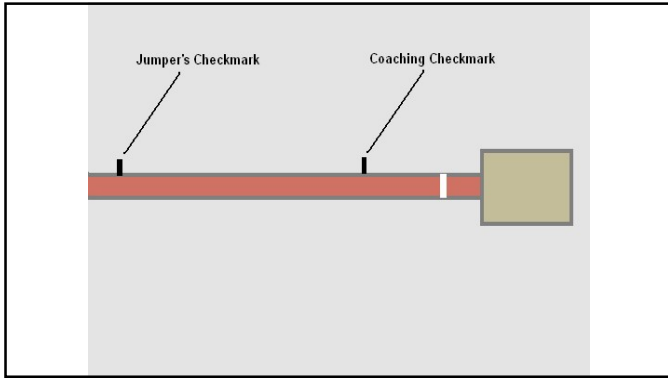


The Horizontal Jump Approach



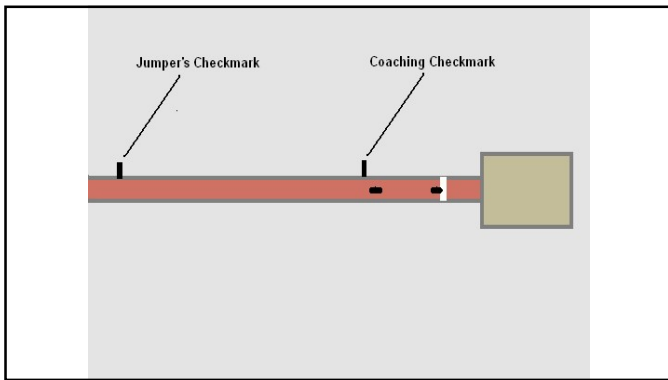
Approach Management

- Stride Length/Frequency Factors
- Managing the Drive Phase
- Momentum Needs
- Checkmark Plans



Approach Management

- Posture and Steering – Posture Related Fouls
- Technique and Steering – Technique Related Fouls
- Managing Wind – Alternate Checkmarks



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