

Boo Schexnayder

The Long & Triple Jumps Technique & Teaching

Preparation in the Long Jump



Fundamental Jump Mechanics

The Long Jump Takeoff

- Foot Contact
 - Location
 - Patterns
- Path of the Body's Center of Mass
 - Horizontal
 - Vertical
- Swinging Segments

Preparation in the Long Jump

- Lowering the Center of Mass
- The Penultimate Step
 - Foot Contacts
 - Location
 - Patterns
 - Lowering and Direction
- Continued Displacement

The Long Jump Takeoff



Bounding Skills in the Triple Jump



Triple Jump Takeoff



Triple Jump Takeoff

- Preparation - Minimal or Absent
- The Takeoff
 - Foot Contact
 - Location
 - Contact Patterns
 - Displacement
 - The Free Leg
 - Modifications
 - Thigh Push

Bounding Skills in the Triple Jump



Triple Jump Preparation



Teaching the Fundamentals

Teaching Fundamentals

- Fundamental Drills
 - Skipping for Height & Distance
 - Run – Run – Jump
 - Hurdle Jumps
- Run – Run – Jump as a Teaching Progression for Long Jump
 - Preliminary Variations
 - Advanced Variations
- Short Horizontal Bounds

Skips for Height – Key Positions



Skips for Height



Skips for Distance



Skips for Height – Key Positions



Skips for Distance – Key Positions



Skips for Distance – Key Positions



Hurdle Jumps – Key Positions



Hurdle Jumps



Run-Run-Jump



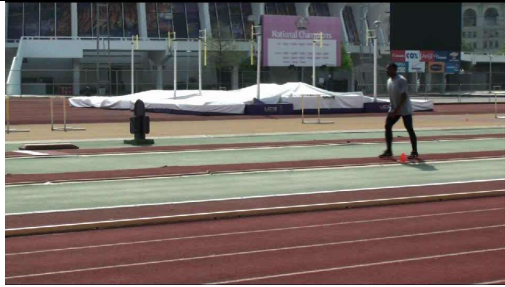
Hurdle Jumps – Key Positions



Remedial Horizontal Bounds



Run-Run-Jump as a Teaching Platform



Triple Jump Takeoff

- Preparation - Minimal or Absent
- The Takeoff
 - Foot Contact
 - Location
 - Contact Patterns
 - Displacement
 - The Free Leg
 - Modifications
 - Thigh Push

Starter Long Jumps



Teaching the Takeoff - Staggered Start Jumps



Long Jump Takeoffs



Teaching the Takeoff - Walk Ins



Starter Triple Jumps



The Long Jump Flight Phase

- Rotation Control
- Initial Movements
- Flight Styles
 - Hang
 - Hitchkick
 - Combinations

Short Approach Triple Jumping



Teaching the Flight Phase

- Embedded Teaching
- Teaching Practices
 - Cycling Finishes
 - Repetitive Takeoffs
 - Hurdle Jumps

Flight

The Long Jump Flight Phase



The Landing

Long Jump Landing



The Landing

- In Flight Movements
 - Timing
 - Arm Sweep
 - Leg Extension
 - Torso Position
- Post Impact Movements
 - Torso Position
 - Absorption
 - Kickout or Turnout

The Landing Series



Teaching the Landing

- Technical Standing Long Jumps
 - SLJ – Stick
 - SLJ – Squat
 - SLJ – Squat – Kickout
 - Synthesis
- Short Approach Jumps



www.sacspeed.com
bschex@sacspeed.com