

Topic 1: Training Demands of the Triple Jump

- 1. Introduction to Triple Jump**
 - Overview of the event and its unique demands
 - Importance of technique, strength, and coordination
 - 2. Testing**
 - Key performance indicators (KPIs) in triple jump
 - Predictive test matrix
 - 3. Drills to Build Test Marks**
 - Speed
 - Power
 - Technical
 - Combined Phase Drills
 - 4. Sample Micro and Meso Cycles**
 - Microcycle (1 week)
 - Mesocycle (4-6 weeks)
 - 5. Strength Training**
 - Importance of strength in triple jump performance
 - Key strength exercises
 - Periodization of strength training
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Topic 2: Fault Correction

- 1. Introduction to Common Faults in Triple Jump**
 - Overview of typical faults observed in triple jump performance
 - Impact of faults on overall performance
 - 2. Over Rotation**
 - Causes of over-rotation
 - Drills and corrections
 - 3. Loss of Horizontal Velocity**
 - Causes of horizontal velocity loss
 - Drills and corrections
 - 4. No Second Phase (Hop to Step)**
 - Causes of missing the second phase
 - Drills and corrections
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Conclusion

- 1. Summary of Key Points**
 - Importance of tailored training and testing in triple jump
 - Effective drills and cycles to enhance performance
 - Strategies for fault correction and improving overall technique

2. **Q&A Session**

- Open floor for questions and discussions with the audience