

Long Jump

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Topics

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About Me

Graduated From Albuquerque Academy in 2002, Competed in Track and Soccer. Individual and Team State Champions 2002.



Graduated from University of Pennsylvania in 2006. Competed in Track 4 years, Ivy League Champion 4x400, Team Captain, All-East, NCAA Div 1 Acad. All American. PRs: LJ 23'11" 400m 48.50

Jumps and Sprints Coach at Albuquerque Academy 2007-Present. 8-time Team State Champions, current LJ and TJ State Records, 11 Individual LJ and TJ State Championships



The NM Track and Field Season

The average outdoor high school track season in the US is 4 months.

Many states have an indoor season that starts in December and goes through March, then have an outdoor season that may last through June.

The NM track season is only 3 months long, with one month of pre-season training in February, then meets lasting until champion weeks in May

This is not enough time to learn a skill event!!!

Working with a short season

We can't change the length of our seasons....so....what can we do?

1. Provide Pre-season sprint and conditioning plans, so athletes come ready from day one
2. Encourage athletes to come out early in their careers (freshman, sophomore years) and strive for high return rates
3. Most importantly....Coach the most important things first, and the least important things last

What do you think is the most important phase in LJ?

Phases of the long jump

Approach -> Penultimate Step -> Plant -> Takeoff -> Aerial -> Landing

Question: Which is these is the most important to master?

The Approach!!!

Other Reasons why the Approach is so critical

Long Jump, primarily, is a sprint event. All great long jumpers, are also great sprinters.

Establishing a rhythm early leads to more consistent jumps

Once a jumper has made their approach into a habit, they can focus consciously on the other phases on the jump.

The Approach

Length of Approach

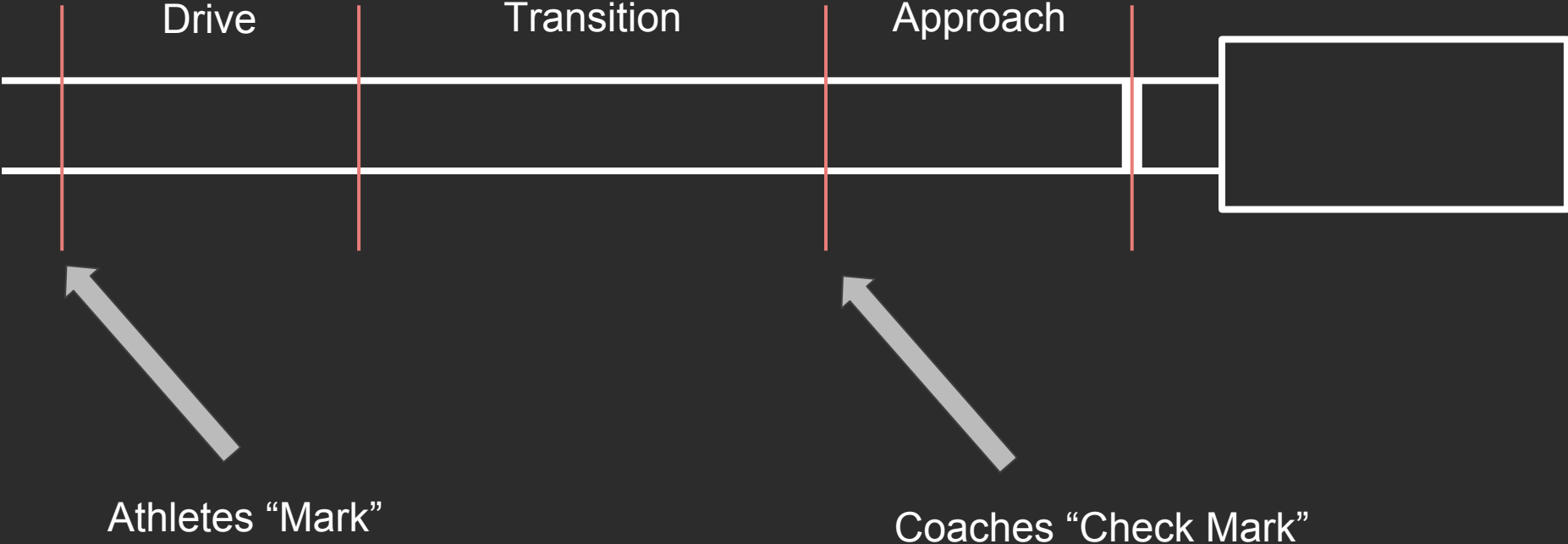
- Male Jumpers: 7-9 steps (varsity level)
- Female Jumpers: 6-8 steps (varsity level)

Phases of the approach (of a basic 8 step approach)

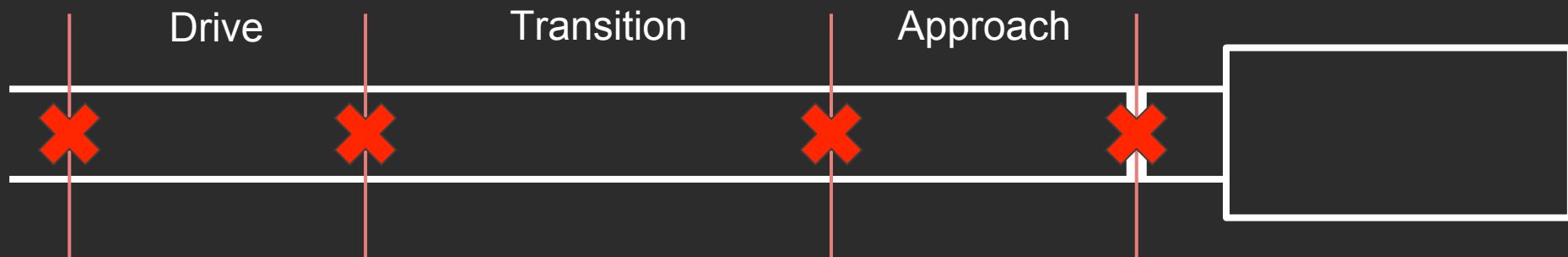
- Drive Phase: 0-3 steps
- Transition Phase: 3-6 steps
- Approach (or acceleration phase): 6-8 steps

Marking your steps.....

Marking Steps

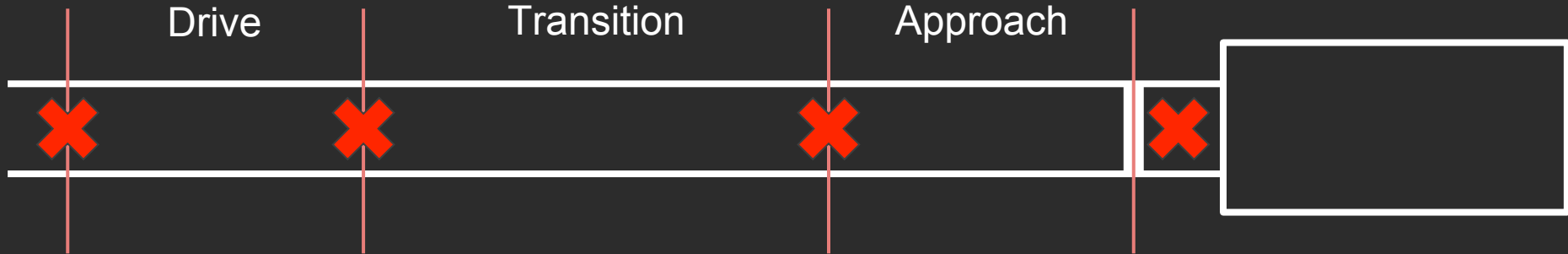


Adjusting the athlete



Ideal Approach

Adjusting the athlete



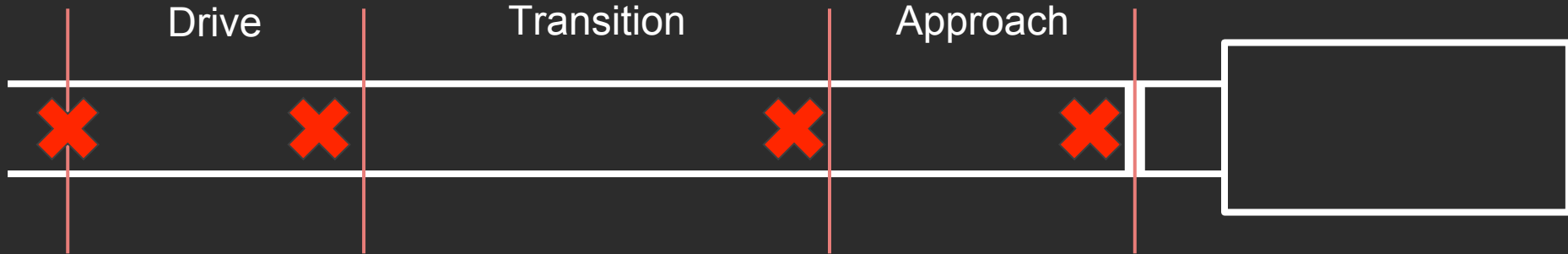
How would you adjust this athlete?

Adjusting the athlete



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Adjusting the athlete



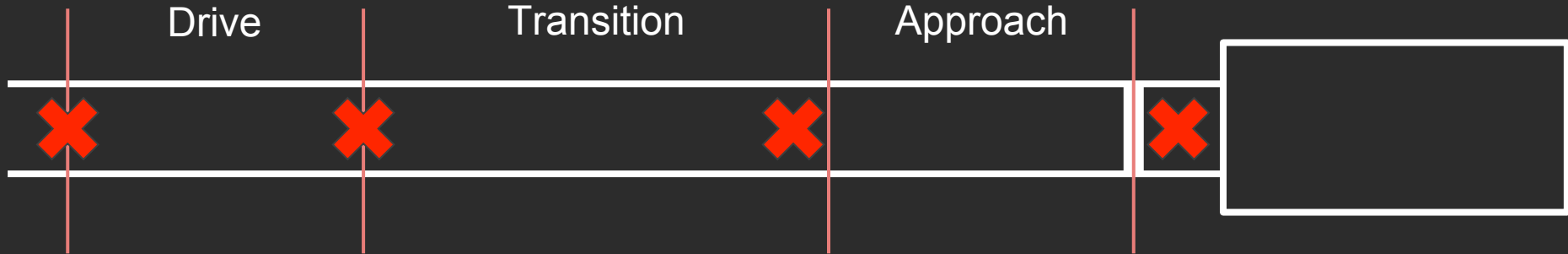
How would you adjust this athlete?

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Adjusting the athlete



How would you adjust this athlete?

Tracking

Do you coach your athlete to look at the board?

Think of a soccer player kicking a moving ball.

What does a soccer player do as they approach the ball?



The Takoff

During the approach phase...

Moving from a relaxed state, to a higher energy state

Increase in turn over, resulting in slight drop of knees, possible increase in speed

“Penultimate step”, slight increase in stride length, “heel to ground”, drop in hips.

Maintaining posture

Plant step, heel to ground again, plating underneath the body, driving leg and opposite arm. Maintaining posture, head neutral (not back).

The Takeoff



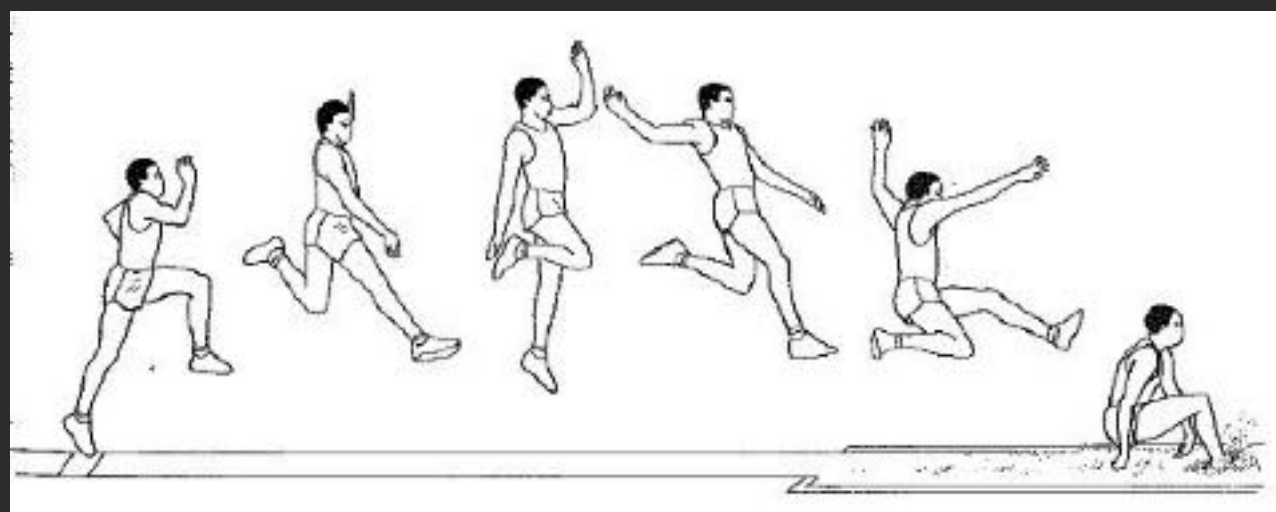
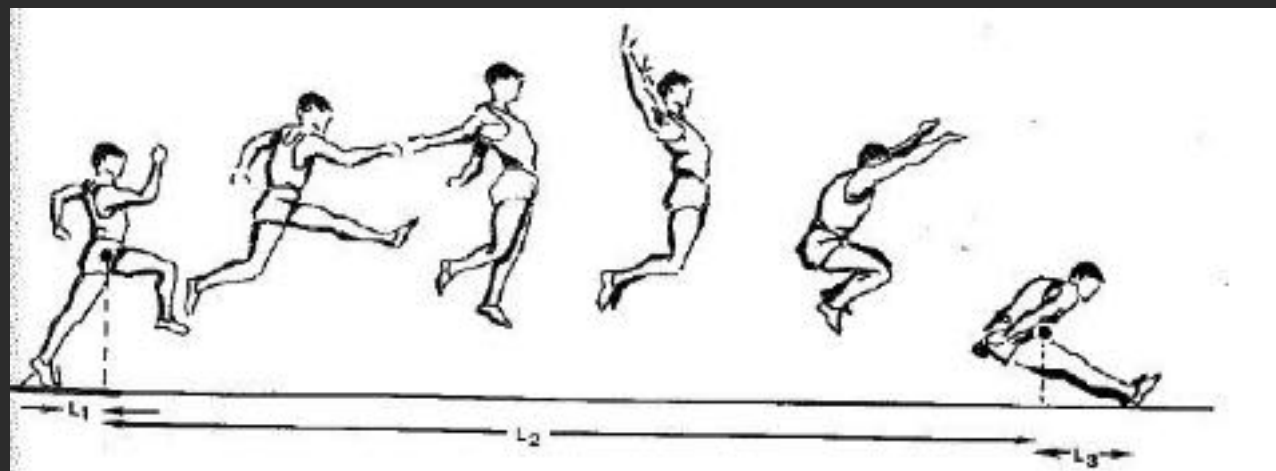
Aerial

“The Hang” vs. “The Hitch Kick”

Fighting Rotation in the air, two primary techniques:

- Hang
 - Easier (sometimes) to learn
 - Most athletes prefer this technique due to simplicity
- Hitch Kick
 - Use for athletes that prefer to keep “running” in the air when they jump
 - Usually results in better landing position, but susceptible to foot drag
 - Test for athlete: see if they can easily jump off one foot, then seamlessly land on their opposite leg

Aerial



Landing

Although the “least important” part of the jump, it is also the easiest to learn, and can make the difference between a qualifying jump and a non-qualifying jump

I teach these drills on day 1, because they are the easiest, and also so that a good landing can be practiced throughout the season in all drills.



Summary

New Mexico is special. We have a short season. Work on the most important things first, and strive for high return rates for multi season progression

The approach is the most important skill to learn, and the hardest to teach. Spend TIME on the approach!

Limit full jumps during practice. Instead, work on each “phase” of the jump using drills, then let the athlete put them together at the meet.

Know each athlete’s limits, yet make aggressive yet reasonable goals.

Questions?

