

Boo Schexnayder

Teaching Systems for the Long and Triple Jumps

Fundamental Exercises

Skips for Height



Skips for Height – Key Positions



Skips for Height – Key Positions



Skips for Distance



Skips for Distance – Key Positions



Skips for Distance – Key Positions



Hurdle Jumps



Hurdle Jumps – Key Positions



Hurdle Jumps – Key Positions



Run-Run-Jump



Teaching the Penultimate - Takeoff

Preparation in the Long Jump



The Long Jump Takeoff



Run-Run-Jump as a Teaching Platform



Starter Long Jumps



Teaching Bounding Skills

Teaching Bounding Skills

- Components
 - Fundamental Drills
 - Remedial Horizontal Bounds
 - Intermediate Horizontal Bounds
 - Vertical Bounds
- Philosophical Approach to Teaching
 - Vertical Bounds and Pelvic Control
 - Vertical to Horizontal Progression
 - Safety Issues

Bounding Skills

- Postural Skills
 - The Head
 - The Pelvis
- Contact Skills
 - Contact Patterns
 - To Grab or Not to Grab
- Swinging Segments
 - Arms
 - The Free Leg

Bounding Skills in the Triple Jump



Bounding Skills in the Triple Jump



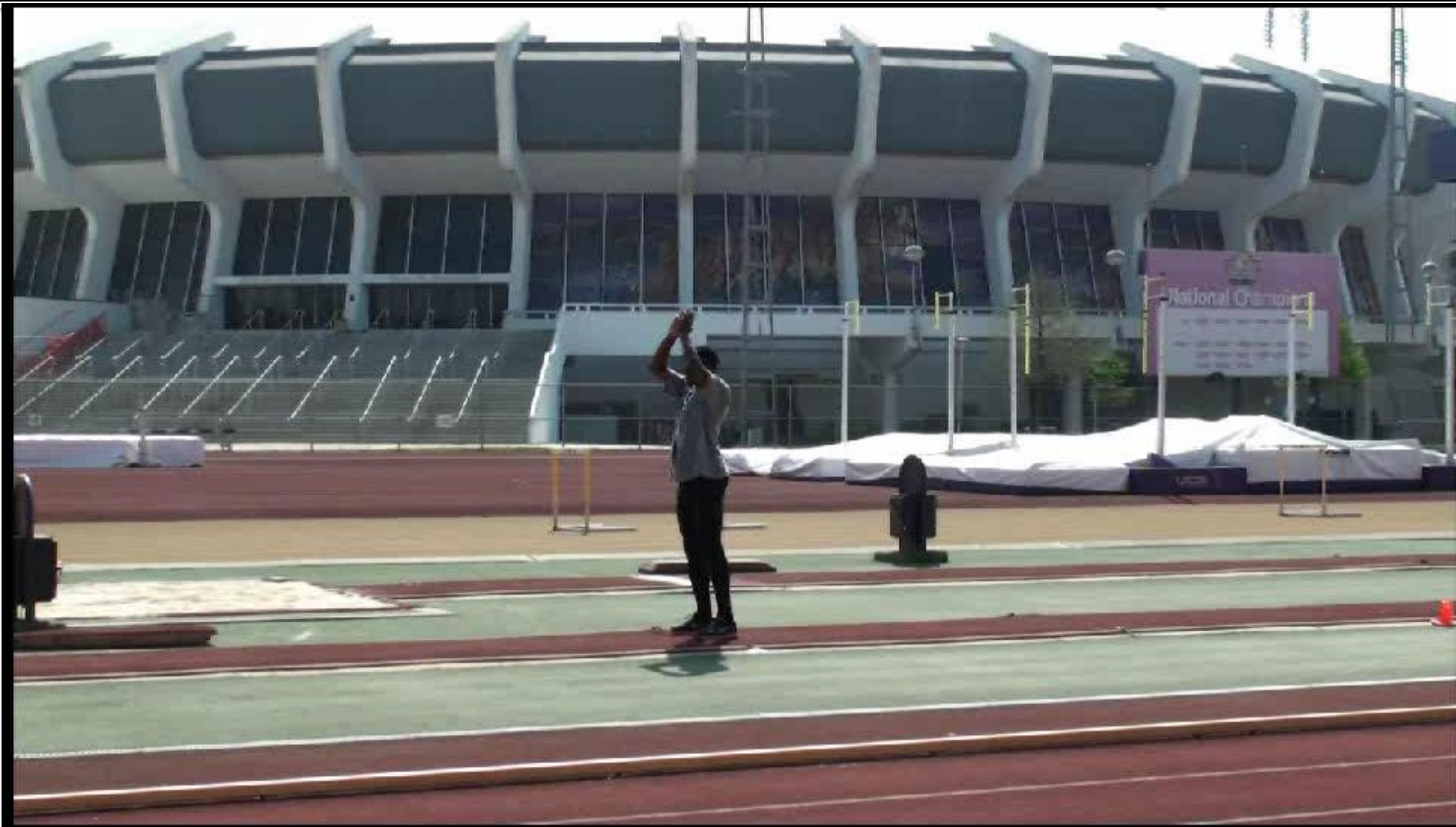
Bounding Skills in the Triple Jump



Remedial Horizontal Bounds



Intermediate Horizontal Bounds



Vertical Bounds



Advanced Horizontal Bounds



Special Skills - The Triple Jump Takeoff

Triple Jump Takeoff



Teaching the Takeoff - Staggered Start Jumps



Teaching the Takeoff - Walk Ins



Starter Triple Jumps



Short Run Jumping

Long Jump Takeoffs



Short Run Long Jumps



Short Run Triple Jumps



Special Skills - Landings

The Landing

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

Teaching the Landing

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

The Landing



The Landing Series



SAC

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