

Triple Jump

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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?

Provide Pre-season sprint and conditioning plans, so athletes come ready from day one

Encourage athletes to come out early in their careers (freshman, sophomore years) and strive for high return rates

Most importantly....Coach the most important things first, and the least important things last

The Triple Jump

Often one of the more overlooked events, the triple jump is a unique event that requires a special combination of:

- **Speed**
- **Power**
- **Balance**

It is likely the case that most athletes don't possess all these attributes, however identification of these is important as a coach. You may be surprised where you might find your next triple jumper (hint: not always in your sprint group)

The Phases

The HOP, SKIP, AND JUMP

1st Phase - Jump and Land on same Leg. “Cycle” the jumping leg

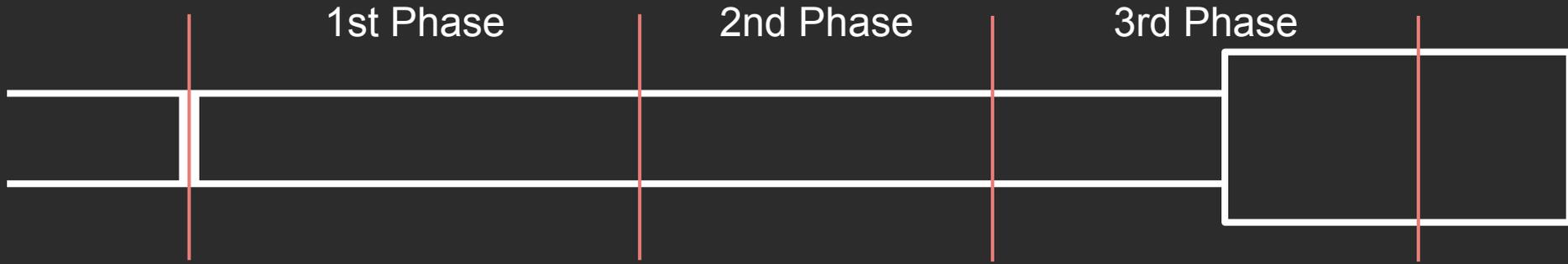
2nd Phase - “Bound” to opposite leg

3rd Phase - Jumping for distance, the “long jump”



The Phases (cont'd)

Marking out the phases for the athlete...Always have a goal in mind for each phase.



A great place to start is a “5 - 4 - 5” ratio for your jumper.

So...If an athlete is looking to jump 42 feet...then their 1st, 2nd, and 3rd phases should be 15' - 12' - 15'.

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

A Note about the TJ Approach...

Distinction from Long Jump

- The TJ approach differs from the LJ in one key way...The penultimate step.
- We do not want the athlete to gain too much height in their first phases, for reasons explained later.

Shortening the Approach

- It may be tempting to shorten the approach because “speed doesn’t matter as much” or that the athlete “can’t handle the speed when they land”
- It is probably OK to start the athlete off on a short approach early in the year or when they are learning, but eventually, you want them at a full approach

1st Phase

- In the Long Jump, I stated that the approach was the most important part of the jump.

.....In the triple jump, it is the 1st phase ...and for the same reason



Cumulative Event

Triple Jump is a Cumulative Event

The distance of the entire jump is going to be primarily determined by the speed of the jumper during the first phase, and the manner in which they perform the phase.

If there is one thing a triple jumper **MUST** be successful in to the point of HABIT, it is the execution of the 1st phase.

Attributes of the 1st phase

1. Athlete needs to carry their speed from the approach “through the board”.
2. “Cycle” the jumping leg. Heel to butt, then high knee and extend, then bringing foot down in pulling motion.
3. Most importantly, athlete should be able to hit their goal distance very comfortably. Moreover, they should be able to get their with their speed, and not with jumping power

Slow Motion Triple Jump



2nd and 3rd Phases

In the first phase and approach, we stressed that the speed of the athlete is critical. In the 2nd and 3rd phases, it's about maintaining momentum!!!

The primary reason jumpers see poor results in the 2nd and 3rd phases are because they lose too much speed.

The jumper needs to be able to get as much height out of their phases, without sacrificing speed.

“Out - Up - Up”

Attributes of the 2nd and 3rd phases

1. Just like the 1st phase, drive knees high and pull with your plant foot
2. Arms become important in maintaining speed and countering powerful leg movement. Double arms vs. alternating arms??? Which is better?
3. Athlete should be jumping “up” as opposed to “out” like in the first phase.

Example drill to train 2nd and 3rd phase technique



Aerial

At this point in the jump, the athlete has exhausted them self, and this can be very difficult to perform, even if the jumper is well trained in their aerial.

The reason for this is because after all 3 phases, they are typically in a poor body position to get hips forward and fight rotation from being leaning over to far, unless they had great first two phases

...The point is, if the aerial is bad, yes you may want to work on it, but it is like a symptom of bad technique in the 1st 2 phases.

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 become habit over the season



Plyometric Drills

The key to improving the triple jump, or any technical event, is best attained by working on specific phases on the jump.

More fundamentally, it's best to develop the physical attributes that we talked about in the beginning...

1. Speed (Maintenance)
2. Power
3. Balance

All drills that you perform should be aimed at developing these 3 primary traits

Speed (maintenance) drill examples

- 1) Approaches with 1st phase. Whenever my jumper is practicing approaches, I ALWAYS have them practice their 1st phase. Try placing a target piece of tape on the track for the athlete to hit. We are teaching speed through the board.
- 2) Bounds over low height hurdles (6"). Jumping for distance. Place the hurdles at a comfortable (and consistent) distance apart (6-8 feet), then as the athlete masters this, gradually increase the distance between each hurdle. I use between 6 to 8 hurdles, and go as far as 12 feet between hurdles. BUILD AND MAINTAIN MOMENTUM

Power drill examples

- Single Leg bounds over medium height hurdles (12-18"). Jumping over medium height cues the athlete to cycle their leg to simulate first phase
- Single leg jumps on to plyo boxes. There can be different variants, such as double leg to single leg landing, double to double, jumping onto different heights
- Double leg bounds over high hurdles (30"-42"). Focus on rebounding off the ground and fast cadence through the hurdles.

Balance drill examples

Often overlooked drills, these are critical in getting the athlete to “handle the speed” of their full jumps by developing balance and stabilizer muscles.

- Depth Jumps from medium height boxes. Focus on maintaining posture on impact. Drop to either double or single leg landings.
- Single leg squats or holds on bosu balls. Again, focus on posture.
- Single leg bounds over low boxes. However, “stick the landing”. Deliberate 1 second pause in between each jump. Focus on athlete landing flat foot and with no “balance check”.

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 three critical traits of the Triple Jumper: Speed, Power, and Balance

The 1st phase is the most important part of the triple jump, by the end of the season, executing a perfect 1st phase should be a habit.

No full jumps at practice!!!! Work on development of the three traits at practice, and let them put it together at meets.

Questions?

