

NMTCCCA COACHES CLINIC 2023

***COACHING THE
LONG JUMP***

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Agenda

- ❑ Runway Approach
- ❑ Take-off Preparation
- ❑ Take-off Position
- ❑ Flight Mechanics
- ❑ Landing



Runway Approach

- ▣ 7-10 Count (14-20 strides)
- ▣ Push for 4
- ▣ Accelerate for 4
- ▣ Max Velocity to Take Off
- ▣ Steering



Runway Approach



Take-Off Preparation

- ❑ Rhythmic Locomotion
- ❑ Max Velocity to Penultimate Step
- ❑ Penultimate Footwork
- ❑ Targeting
- ❑ Posture



Take-Off Position

- ▣ Posture
- ▣ Pen to Plant Transfer
- ▣ Proper Arm Setup
- ▣ Plant Leg Stabilization
- ▣ Proper Arm Technique
- ▣ Direction of Force

Take-Off Drills

- ▣ Continuous Trots
- ▣ Continuous Gallops
- ▣ Continuous Take Offs over Hurdles
- ▣ 3 Step Take-Off with Swing Leg Emphasis

Take Off Position



Flight Mechanics

- ❑ Hang Technique vs Hitch Kick
- ❑ Vertical Drive once air bound
- ❑ Starting Flight Coordination



Flight Mechanics

- ▣ Transition of Levers and Rise of Undercarriage



Flight Mechanics

▣ Hang Technique



Landing

- ▣ Undercarriage Swing

- ▣ Quadricep Flexion to Hamstring Action
 - Heels First
 - Dig and Pull
 - Rump to Heels



Landing Cues

- ❑ Undercarriage Swing and Extension
- ❑ Core Elasticity and Strength
- ❑ Active Landing



Q & A



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