

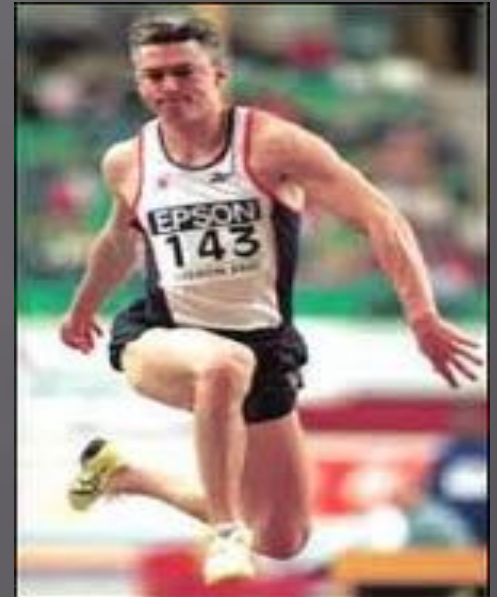
NMTCCCA COACHES CLINIC 2023

# *COACHING THE TRIPLE JUMP*

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USATF Level 2 Jumps Coach

# Agenda

- ▣ Runway Approach
- ▣ Phase 1
- ▣ Phase 2
- ▣ Phase 3
- ▣ Landing



# *Runway Approach*

- ▣ 7-10 Count (14-20 strides)
- ▣ Drive Phase
- ▣ Steering



# *Runway Approach*



# *Runway Approach*



# Phase 1

- ▣ Proper Foot Mechanics
- ▣ Single/Double Arm Take Off
- ▣ Hip Position
- ▣ Arm Positions
- ▣ Free Leg Action



# *Phase 1*



# *Phase 1 - Training*

- ▣ *Baby Bounds*
  - *Teach Postural Integrity*
  - *Foot Action and Vertical Press*
  
- ▣ *Free Flight Take-Off Continuous Runs*
  
- ▣ *6, 8, and 10 count Take-Offs with Run-out*



# *Phase 2*

- ▣ Proper Foot Mechanics
- ▣ Lever Action
- ▣ Posture
- ▣ Free Leg Action
- ▣ Direction of Force



# Phase 2

- ▣ Teaching the Split for Single Arm Step



# *Phase 2*

- ▣ Teaching the Split for Single Arm Step



# Phase 2

- Teaching the Split for Single Arm Step



# *Phase 2*

- ▣ Teaching the Coil for Double Arm Step



# *Phase 2*

- ▣ Teaching the Coil for Double Arm Step



# Phase 3

- ▣ Proper Foot Mechanics
- ▣ Lever Action
- ▣ Posture
- ▣ Free Leg Action
- ▣ Direction of Force



# *Phase 2 & 3 - Transition Training*

- ▣ *Single Arm and Double Arm Bound Progressions*
  - *Alternate Bounds*
  - *Double Double Progressions*
  - *Continuous Triple Jump Progressions*
  - *Low Box – Bound Progressions*
  
- ▣ *Short Approach Work – 6, 8, and 10 stride*



# *Landing*

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



# Q & A



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