

Boo Schexnayder

Technique and Accuracy in the Horizontal Jump Approach

Horizontal Jump Approach Basics

- Approach Length
- Odds and Evens
- Choosing the Starting Foot
- Choosing the Jumping Foot
- Long and Triple Jump Differences

Phases of the Approach

- The Start
- The Drive Phase
- The Continuation Phase
- The Transition Phase

The Start

- Mechanics of the Start
 - Simplicity and Consistency
 - Stance & Shins
 - Hip and Shoulder Positions
 - Weight Distribution
- Types of Starts
 - The Crouch Start
 - The Rollover Start

Approach Starts



The Drive Phase

- Momentum Development
- Mechanics of the Drive Phase
 - Frequency
 - Displacement
 - Range of Motion
 - Progression of Body Angles
 - Achieving Good Posture
 - The Head
 - The Hips

The Wall Drill

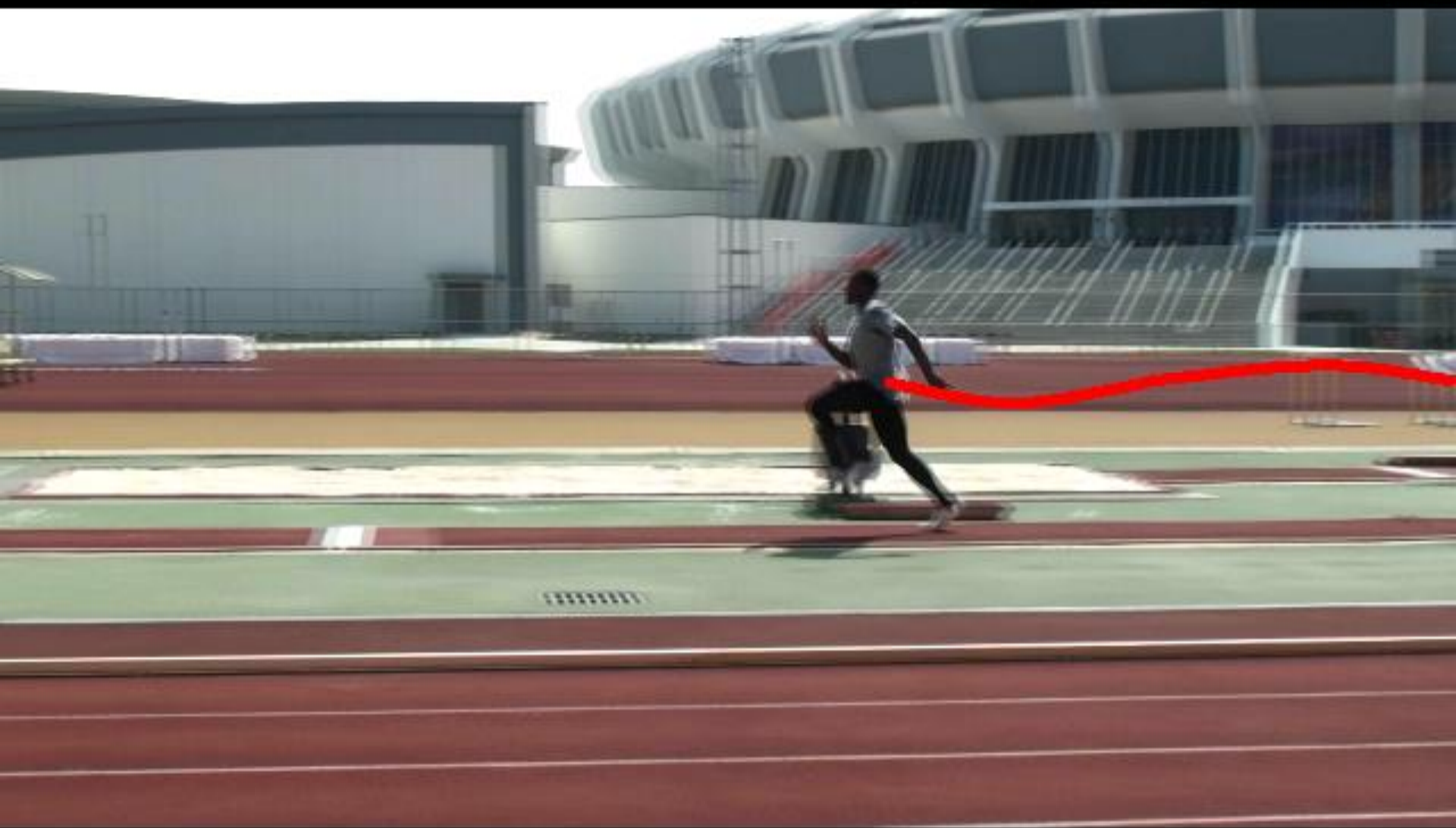


Resisted Runs



The Continuation Phase

- **Conservation and Preservation**
 - **Posture**
 - **Range of Motion**
- **Frequency Development**
- **Vertical Pushing**
 - **Establishing a Vertical Motor Environment**
 - **Examining Shin Angles**







Stadium Runs



The Transition Phase

- Conservation and Preservation

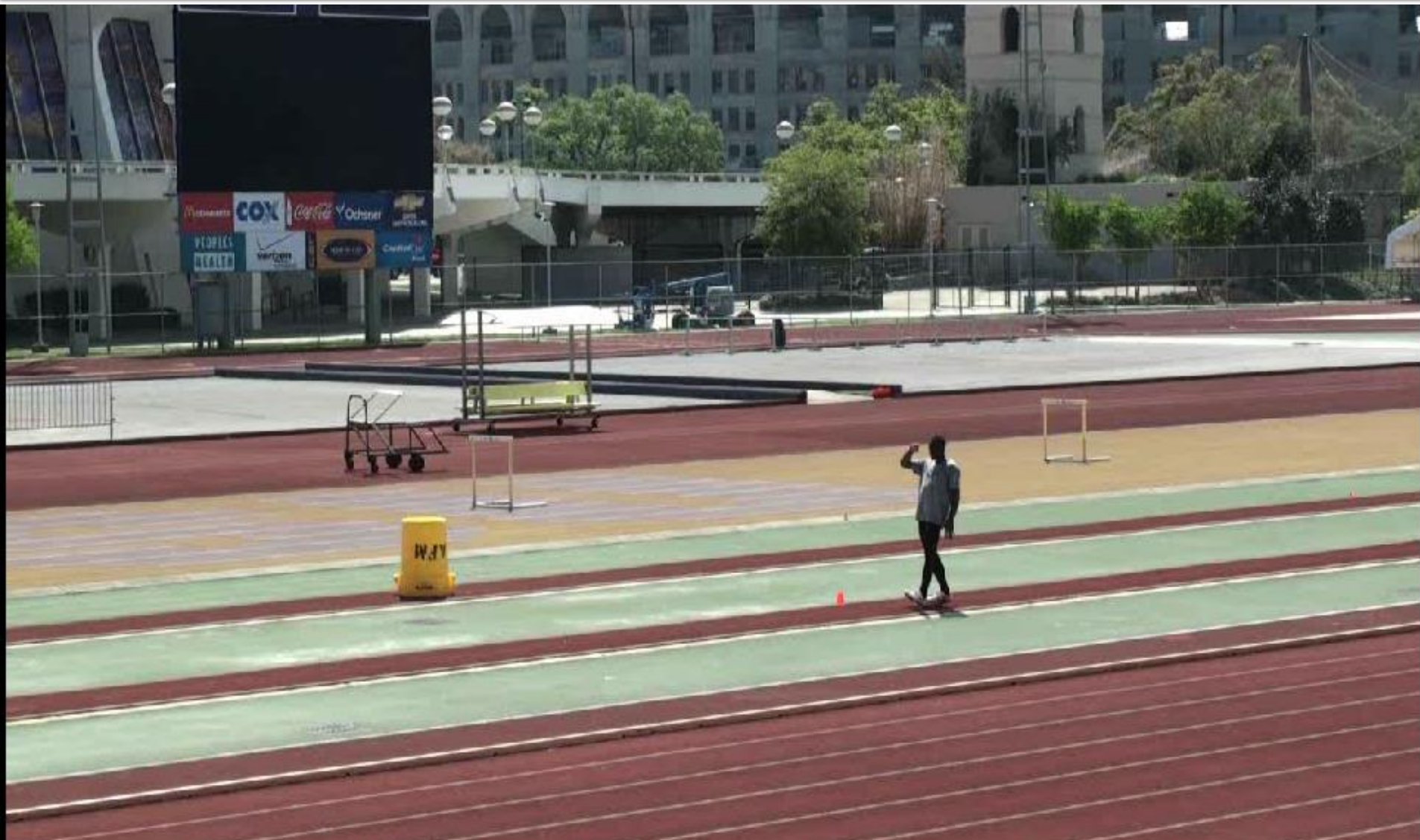
- Posture
- Range of Motion
- Vertical Motor Environment

- Frequency

- Common Problems

- Diminished Amplitude
- Excessive Frequency Increase
- Lack of Momentum
- Steering and Accuracy Issues

The Horizontal Jump Approach



Developing the Approach

- **Developing the Start**
- **Teaching Acceleration Mechanics**
- **Teaching Continuation Mechanics**
- **Assembling the Approach**
- **Transferring the Approach**
- **Adding the Takeoff**

Approach Assembly



Visual Focus in the Approach

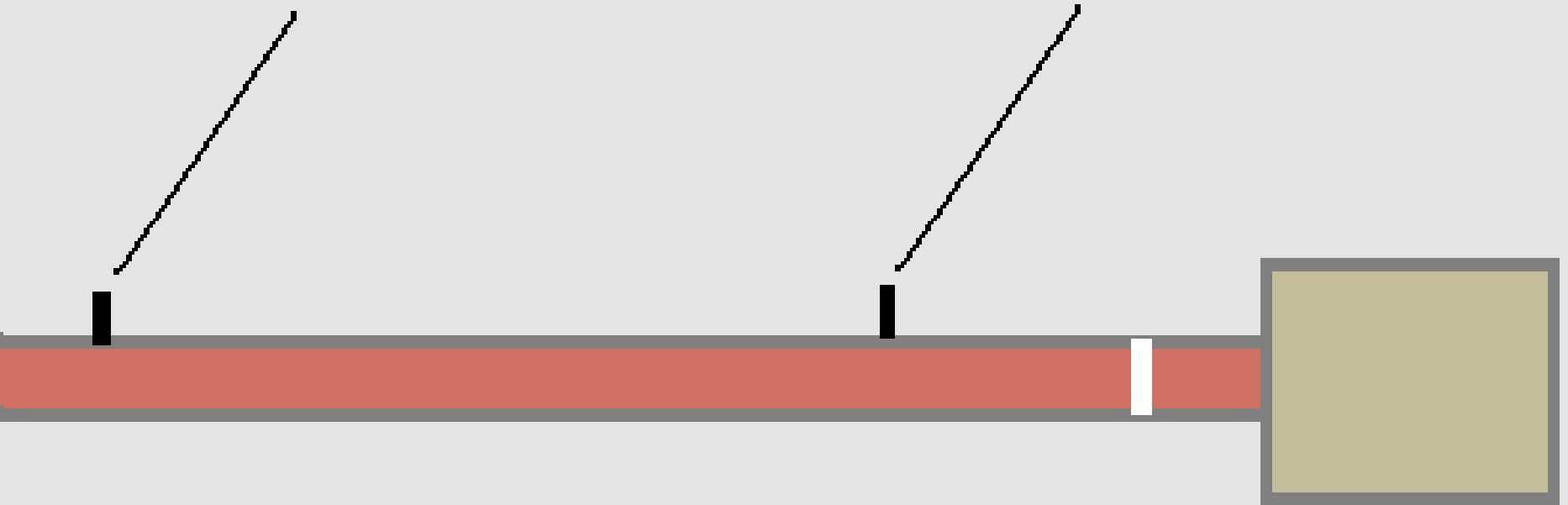
- Steering and Target Tracking
- Visual Focus in the Phases
 - The Drive Phase
 - The Continuation Phase
 - The Transition Phase

Approach Management

- **Stride Length/Frequency Factors**
- **Managing the Drive Phase**
- **Momentum Needs**
- **Checkmark Plans**

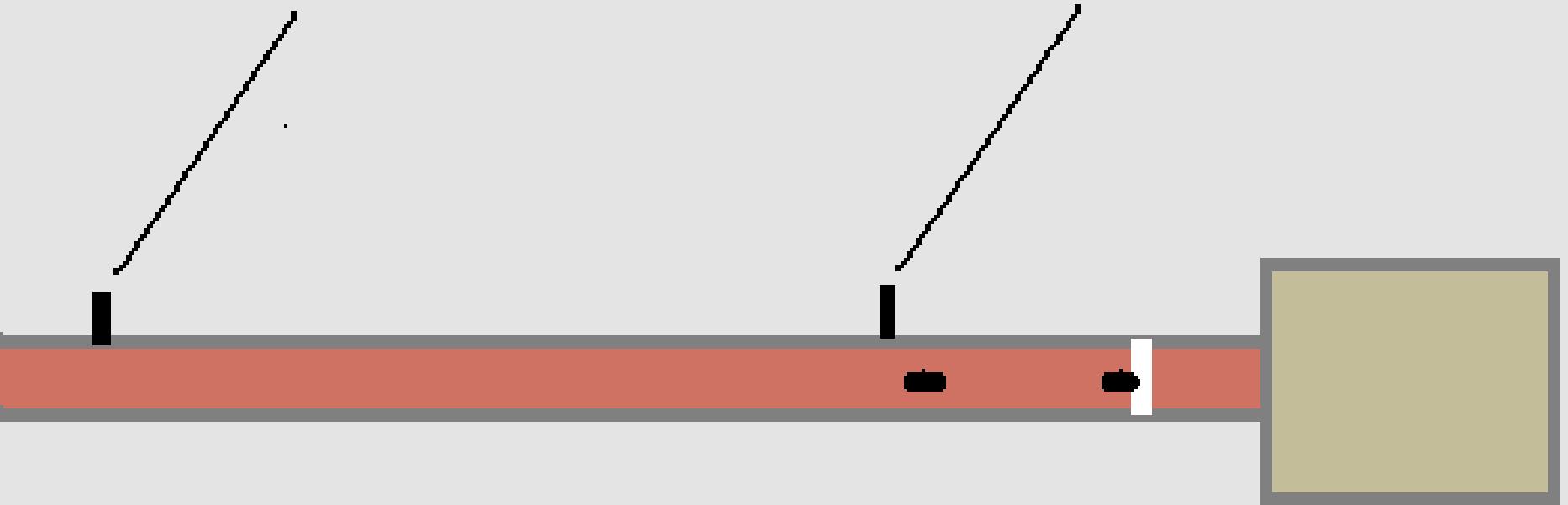
Jumper's Checkmark

Coaching Checkmark



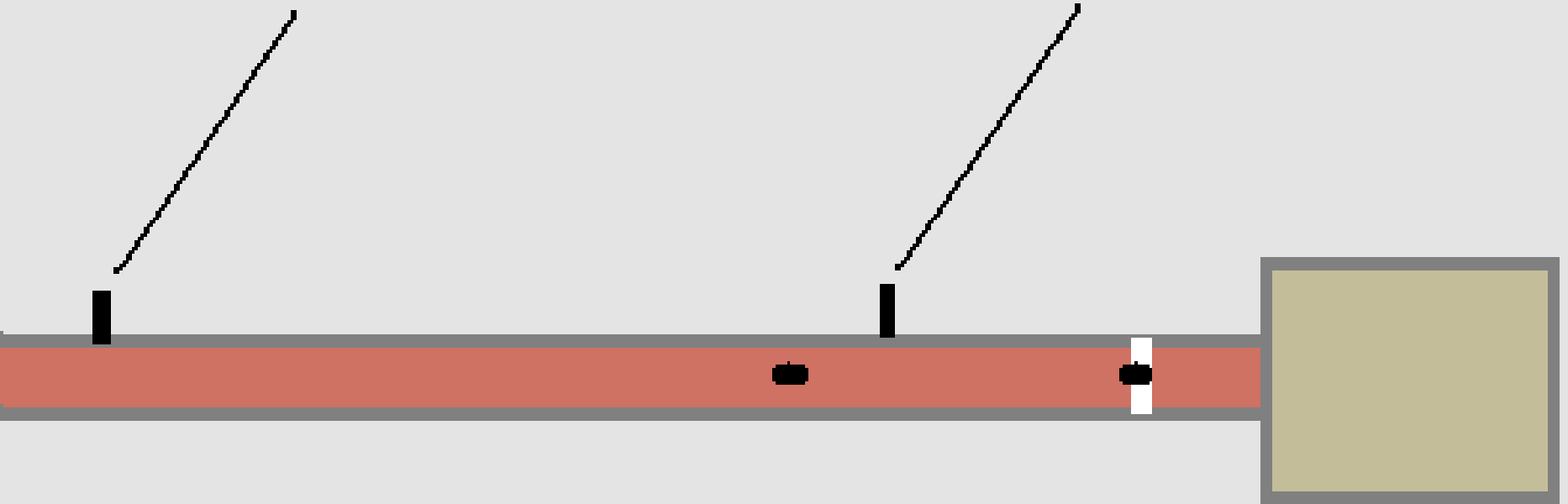
Jumper's Checkmark

Coaching Checkmark



Jumper's Checkmark

Coaching Checkmark



Approach Management

- Posture and Steering
- Tracking, Technique, and Steering
- Managing Wind

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