

HORIZONTAL JUMPS

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Eric Gutjahr and Arthur Nelson
Cherokee Trail High School

ERIC GUTJAHR - BACKGROUND

- Grew up in Socorro NM through 10th grade
 - Competed in 400/800 for Coach Dave Mathieu (strong Javelin/Hurdles)
- Graduated (1983) Belen High School
 - (Coaches Adron Gardner, Phil Gregory & Jim Burke)
 - Ran 800/1500 (strong middle distance, sprints, Long Jump- Marty Trujillo 24' + jumper)
 - Even then, I took note of how they coached Marty..(drills/frequency)

ACCOMPLISHMENTS:

- Early Career
 - 1996: 1 year Assistant Coach (Sprints/LJ) at Columbus East (Indiana)
 - 1997-2012: 16 years Head Coach (Boys) at Columbus East (Indiana)
 - 2003-2005: 3 years Head Coach both Boys and Girls at Columbus East
 - Six Qualifiers in Long Jump (Only 27-30 a year qualified total - No Class System...every kid vs. every kid about 400 high schools)
 - 1 LJ State Champion in Indiana (boys)

ARTHUR NELSON - BACKGROUND

- Collegiate Triple Jumper at Florida State University
(50+ Triple Jumper)

Coaching:

- Assistant Coach at Aurora Central High School 1998-1999
- 2013 - Present: Triple/Long Jump Coach at Cherokee Trail HS

ACCOMPLISHMENTS W/COACH NELSON

- 2013 - Volunteer Mid distance/LJ coach (Eric)
- 2014-Present: LJ and TJ Assistant Coaches (Arthur and Eric)
- State Qualifiers: LJ Boys 15 (9 State medals) LJ Girls 13 (9 State medals)
- Byrs (covid) TJ Boys 9 (6 State medals) TJ Girls 12 (11 State medals)
- 2 State Champion Girls LJ (2015 and 2018)
- 3 State Champions Girls TJ (2015-2017)
- 1 Runner Up Boys LJ (2018)

TRIPLE JUMP VS. LONG JUMP

- Preseason is the SAME
- Will try all jumpers at both but some are more natural Long Jumpers and others are more natural Triple Jumpers
- Long Jump will help with third phase of Triple Jump for your best Triplers
- Best Triple Jumpers will likely be able to LJ from either leg (Nate - 22' from either left leg or right leg (had to switch at State meet due to soreness in left leg.)
- New Seniors (?) - not likely to master TJ (we believe it takes a year- minimum)

IDENTIFYING THE ATHLETE

- First – Many thanks to Head Coach Chris Faust who has allowed us to try most any kid in the jumps whom we think might be successful!
- Early season evaluation – What do we look for:
 - 1. Natural athletes (football and basketball players)
 - 2. First day of practice: Stations – we look at standing long jump, plyometrics, coordination, natural speed
 - Your best jumpers will be among your quickest athletes
 - Large team? Look to your 5th-9th fastest sprinters (11.4 to 11.7 100M)
 - Fast athletes need to also have spring (we look for "bouncy" athletes)

PRESEASON: GENERAL TRAINING PHASE

- Focus is on developing general strength and fitness levels (Horizontal Jumps are hard on the body!)
- Begin instruction on rudimentary elements of the jump
- Employ use of general circuits
 - Bodybuilding
 - Fitness
 - Plyometric

GENERAL TRAINING PHASE – BODY BUILDING

- Sample Workouts
 - Bodybuilding Circuits

• Barbell Squat	Leg Extension	Barbell Deadlift
• Leg Curl	Bench Press	Incline Flies
• Pulldowns	Overhead Press	Bicep Curls
• Overhead Triceps	Calf Raises	Crunches
 - Employ 1-3 sets by 5-10 repetitions as work construct
 - Create circuits of 8-12 exercises
 - Reduce sets and reps when power output is focus

GENERAL TRAINING – CORE (IMPORTANT!!)

• Core Routine:

- 1. Plank
- 2. Side Planks
- 3. Side Leg Lifts
- 4. 6 inches
- 5. Donkey Kicks
- 6. Russian Twist
- 7. Plank (again)
- 8. Alphabet Crunches(J, K, L)
- 9. Twist Lunges
- Finish with Duck Walks

GENERAL TRAINING PHASE – PLYOMETRIC CIRCUITS

• Sample Workouts

- Plyometric Circuits

- Tuck Jumps
- Split Squat Jumps
- Lateral Hops
- Wideouts
- Single Leg Hops
- Speed Skaters

- 50-90 contacts total during general phase
- Focus on proper technique and balance
- Reduce sets and reps when power output is focus

GENERAL TRAINING: JUMP ROPE INSTEAD OF PLYOS.

• Choose Either Tuesday or Thursday

- both feet/200
- Single foot/75 each
- High Knee/1 min double hop/1 min
- Both Feet/1 min (count own)
- Finish with 10 x 2 rotations per jump

GENERAL TRAINING: PRESEASON – MIX CORE/PLYOS AND STRENGTH

- Focus is on developing strength (Tuesdays/Thursdays)
 - Some speed started in December: These start in January
 - Drills (more details in Horizontal Jumps Drills talk)
 - (Start 20 seconds work/40 seconds rest. Move to 30/30 in 3 weeks) we sprint 30 meters between each activity prior to rest cycle.
- | | |
|-----------------|--------------------------|
| Push ups | L-Overs |
| Prisoner Squats | Speed Skaters |
| V-Sits | Fast Feet |
| Back Hypers | Burpees |
| Rocket Jumps | Alternating Split Squats |

GENERAL TRAINING PHASE – SPEED DEVELOPMENT

- Power and Acceleration Development
 - Sessions include sprint acceleration workouts of 10-30m [1-3' rest, full recovery]
 - Hill runs or leverage resistance running equipment if available for power development (ex. Parachutes)
- Sample Workouts
 - 6 x 25m Hills or Resisted, full recovery
 - 6 x 30m Block Starts
 - 6 x 30m Variable Starts [4-pt, 3-pt, prone, sitting backward, sitting forward, etc.]
 - 8 x 10m Block Starts

GENERAL TRAINING PHASE – SPEED/APPROACH

- Speed Development - Tempo Runs
 - Remedial and/or early season speed development
 - Important to have specific times for athletes to meet
 - Must establish different expected times for athletes based on age/grade/experience
- Sample Workouts
 - 8 x 150m, moderate recovery [1-2]
 - 4 x 150m, full recovery [6-8]
 - 8 x 110m, moderate recovery
 - 10 x 100m, moderate recovery
- Note: Multiple event athletes will require workout modifications specific to their events

LATE PRESEASON: JUMPERS

- Plyometric drills introduced (30 sec work/30 sec rest)

Tuesdays

- Ankle Bounces (bunny hops)
- Line Hops
- Wideouts
- Buttkick jumps
- Rocket Jumps
- Diagonal hops
- Speed skaters
- Squat Free Jumps

Thursdays

Weights: Cleans & Pulls (5 sets of 5)

EARLY SEASON

- Power and Acceleration Development
 - Sessions include sprint acceleration workouts of 10-30m [1-3' rest, full recovery]
 - Hill runs or resistance running
- Sample Workouts
 - 6 x 25m Hills or Resisted, full recovery
 - 6 x 30m Block Starts
 - 6 x 30m Variable Starts [4-pt, 3-pt, prone, sitting backward, sitting forward, etc.]
 - 8 x 10m Block Starts

EARLY SEASON WORKOUTS: (VARSITY AND JV TOGETHER)

- Monday/Wednesday/Friday - All jumpers do the sprint workout
- Tuesday/Thursday - Plyometrics and Jump Techniques
 - After extensive team warm-ups, we begin with jumper specific drills (completed on turf if possible)
 - Athletes warm up with same drills at meet (specifics on drills in 2nd hour)

• 1. Skip for height	6. Gathering Step drill
• 2. Skip for distance	7. Bounding
• 3. Backward Skip for Height	8. Accelerations (End Zones)
• 4. Backward Skip for Distance	(50%, 80%, 95%)
• 5. A-Skips (regular in-out, alternating)	

EARLY SEASON JUMPS(BOTH LJ/TJ)

- We never do full jumps in practice
- Break the jump into pieces
 - The approach - The gathering step (Height) - Flight - The landing
- Early Season focus is on The approach and gathering step
 - Work on speed down the runway (Speed takes you out, height gives time for the speed to work). Focus is on what it "feels" like for athlete.
 - Young/new jumpers = limited approach (6 or 7 steps)
 - Experienced jumpers = 7 or 8 steps depending on early season strength
 - We occasionally have 9 step approaches
 - Pop ups (5 stepbacks going off 6 inch box) - Goal is getting hips up and not collapsing in on the jump (brining shoulders forward)

EARLY SEASON TRAINING

- Sample Workouts
 - Depth Jumps
 - * Variable Box Jumps (with hurdle, multiple boxes, variable heights, pit work)
 - Depth jumps should be employed phased out quickly in this phase to ensure optimal readiness for competition
 - Note: Workouts begin to increase in intensity with gradual reduction in volume in anticipation of competition demands

EARLY SEASON: MEET MANAGEMENT

- Ensure athletes complete proper warm-up routine
 - In most instances, athletes will complete team warm-up upon arrival to meet location
 - Important to monitor jump competition timelines and have athlete perform additional warm-up activities if appropriate
 - Ultimately athletes are responsible for warming up and keeping track of calls before event.
- Coaches place start/checkmarks on runways
 - Note Identify 2-3 meets toward end of season to have athletes place their own marks on runway
- Keep a template/notebook with all approach lengths for (6, 7, and 8 step).
- Be prepared to make adjustments due to
 - Speed of runway
 - Conditions of day
 - Athletes response to conditions

MIDSEASON (JV: MON/WED V: TUES/THURS)

- Continue approach work (Kids should be getting faster – need to adjust for this)
- Tons of work done IN MEETS (full jumps) – use notes to pinpoint need areas
- May not take full sets of jumps – strength/health/workload
- Work on Flight (using plyo boxes and mats or short approaches and plyo boxes into the sand)
- Work on landing – tall plyo boxes into the sand (Focus on getting legs through and shoulders forward – MAY work "side out")

CHAMPIONSHIP SEASON

- Reduced focus on approach (a couple of full run throughs)
- Very specific workouts focused on needs of athletes
 - Take off usually not an issue with our varsity athletes at this point
 - Work on 'shoot' to finish
 - Work on landing to maximize distance
- Will continue to manage jumps as appropriate
 - (focus: keep athlete fresh!!! - HUGE..last year Nate just needed rest)

ISSUES/CONCERNS FOR LONG JUMP

- Runway
 - Run thrus are about CONTROLLED speed
 - Some athletes are inconsistent (from practice to meet, from prelims to finals). Focus is often on consistency in first step for these athletes.
 - Use video/multiple marks down the track
- Gathering Step
 - Looking at board is often an issue. (If you adjust step and they end up at the SAME spot - they are looking at the board somewhere in their run)
 - Reaching for the board puts athletes in a position that kills height and kills speed.
 - Teach athletes to 'jump up not out'. They often think to jump long, they have to jump out. Will use a rake and have them reach up...gets hips up.

ISSUES/CONCERNS LONG JUMP

- Flight
 - Hang vs. Hitch. - It depends on what the athlete naturally does.
 - The whole purpose is to keep the hips up.
 - Core strength is key here
 - Work on getting height so they have time to finish
- Landing
 - We have had some excellent finishers (Shayna) and some not so much (Amazing) in the same year.
 - We work on feet out and collapse (Tall plyo box into pit)

ISSUES/CONCERNS TRIPLE JUMP

- Take-Off Foot
 - How do we decide?
 - Power leg vs Coordination leg
 - Advantages/Disadvantages
- Approach Length
 - 6, 7, 8 step - competition length
 - Peril lies ahead for those who brave 8+
- Approach Start
 - Simple Crouch or Rollover
 - KISS
 - Practice, Practice, Practice makes perfect

ISSUES/CONCERNS TRIPLE JUMP

- Drive Phase Please
 - Sprint Mechanics Count
- This is not the Long Jump
 - Ensure the athlete is not introducing a penultimate step at takeoff
- The Hop
 - Relax, Don't do it
 - Let the hop come to you naturally

ISSUES/CONCERNS TRIPLE JUMP

- The Dreaded Step Phase
 - We must face reality as coaches
 - Teach proper posture at end of Hop Phase
 - Now is the time for takeoff
- JUMP to IT
 - Mechanics coming out of the step phase
 - Over rotation is our enemy
- Land for The Glory
 - Get to it, Don't wait

OTHER ISSUES/CONCERNS

- Number of athletes and time to work with them
 - We have had to divide jumpers up into JV and V jumpers in order to have a manageable number of athletes at a given time. Once general conditioning has taken place and a couple meets, we split the jumpers.
- Strength of Athletes and Competition Jumps
 - Jumping is hard on the body. We manage jumps in order to ensure athlete health and best performances. (Coach Gardner/Zac Pressley/Coach Warthan)
- JV jumpers
 - Work more on experience of jumping for new/young jumpers (under 16ft and 20ft in LJ and under 26ft and 38ft in TJ).

OTHER ISSUES AND CONCERNS

- At meets
 - Coaches place marks on runways upon arrival.
 - Last Couple meets of season, transition to athletes doing this on their own.
 - Keep a file with all approach lengths (6, 7, and 8 step).
 - Assume you will be making adjustments due to
 - Speed of runway
 - Conditions of day
 - Athletes response to conditions
- Athletes are responsible for warming up and keeping track of calls before event.

FINISHING NOTES

- Try to make your athletes students of the jumps.
 - Show videos of Olympic quality jumpers (Bad Weather)
 - Have them talk about how they could improve their jumps
 - Watch their competitor's jumps/styles
 - When we have video, break down their own jumps
