



Coaching the Triple Jump

Austin brobst

LOBO TRACK and FIELD



Triple Jump



LUBO TRACK AND FIELD



acknowledgements

- Jeremy Fischer – US Olympic Training Center
- Vince Anderson – Texas A&M University
- Mario Wilson – University of Virginia
- Leo Settle – University of Texas – El Paso
- Current and former student-athletes

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A trophy with a mountain logo and the text "MOUNTAIN WEST MEN'S INDOOR TRACK & FIELD CHAMPIONS 2013". Several hands are reaching up towards the trophy.

Accomplishments at unmc

- Deanna Young – 20'7" / 43'10 ³/₄"
- Yeshemabet Turner (jr) – 20'2" / 41'11 ¹/₄"
- Casey Dowling (soph) – 19'5 ¹/₂" / 40'0"
- Floyd Ross – 54'6"
- Reneilwe Aphanze (jr) – 52'10"
- Ty Kirk – 50'11"

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A composite image of four athletes in action during a track race. From left to right: a female athlete in a red singlet with bib number 184, a male athlete in a red singlet with bib number 214, a female athlete in a white singlet with bib number 133, and a male athlete in a red singlet with bib number 289. They are all in various stages of a sprint, with arms pumping and legs pushing off.

3 keys to success

1. Strength – On the track/weight room
2. Technique – sprinting/jumping
3. Speed – build equally with other 2

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Sprint mechanics

- Toe up
- Heel up
- Thigh up
- Hips tall
- Step over the opposite knee

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A composite image of four sprinters in action. From left to right: a female athlete in a red singlet with bib number 184, a male athlete in a red singlet with bib number 214, a female athlete in a white singlet with bib number 133, and a male athlete in a red singlet with bib number 289. They are all in various stages of a sprint, with arms and legs extended.

Sprint drills

- Toe Taps
- A-Skip
- B-Skip
- C-Skip
- Fast Leg
- Backwards Run
- Ankles, Shins & Knees
- 1,3,5 Pause
- Straight Leg Shuffle
- Skip and Scoop to Stride

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A close-up image of several hands reaching up to hold a trophy. The trophy is a silver cup with a plaque that reads "MOUNTAIN WEST MEN'S INDOOR TRACK & FIELD CHAMPIONS 2013". The hands are wearing various wristbands and watches.

A composite image of four track and field athletes in action. From left to right: a female athlete in a red singlet with bib number 184, a male athlete in a red singlet with bib number 214, a female athlete in a white singlet with bib number 133, and a male athlete in a red singlet with bib number 289. The background is a light gray with a large, faint 'M' logo.

K.I.S.S.

- Keep
- It
- Simple
- stupid

- Use drills and exercises that utilize the SAME MUSCLES AND FORCES used in the event.

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A composite image of four athletes in mid-jump, wearing red and white uniforms with bib numbers 184, 214, 133, and 289. The background is a light gray with a faint geometric pattern.

Triple JUMP BASICS

- 90%-95% of Jump Distance is a result of Horizontal Velocity at Take-Off.
- Which means teach your jumpers to sprint with proper SPRINT MECHANICS.

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A close-up image of several hands reaching up to hold a trophy. The trophy is a dark, shield-shaped plaque with a mountain peak logo and the text 'MOUNTAIN WEST MEN'S INDOOR TRACK & FIELD CHAMPIONS 2013'.

5 main components OF THE triple JUMP

1. Approach

2. Takeoff

3. Hop

4. Step

5. Jump

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approach

- Steps depend on skill level:
 - Beginner Woman: 10-14
 - Elite Women: 12-18
 - Beginner Men: 12-16
 - Elite Men: 16-20
- Distance should be a controlled run, if athlete is not able to control DO NOT advance.
- Phases of Approach
 - Start
 - Acceleration
 - Maintenance
 - Preparation for Take Off

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Developing the Approach

- The approach must be run over and over and over and over and over and over and over again.
- Approaches precede technical work in the daily training.
- Some days you can do approaches before the sprint workout.

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Energy Distribution of the Approach

- Not “Slow to Fast” – instead think of it as gradually trying to get faster.
- 4 parts of energy distribution
 - Acceleration
 - Transition/Get Tall/Sprint
 - Turn Over/Frequency
 - Take Off

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A composite image of four male track athletes in various colored singlets (red, white, and red) running. They are wearing bib numbers 184, 214, 133, and 289. The background is a light gray with a large, faint number '2' and a stylized 'M' logo.

How to Start?

Standing Start

Vs.

Walk-In Start

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Acceleration/Max Velocity in the approach

- Most issues with the approach can be traced back to the the acceleration out of the back.
- The athlete must be able to develop a certain rhythm to the approach – short speed endurance is great for this.
- After accelerating you want your athletes to achieve a good sprint position – a good sprint position typically means the athlete will be able to execute good take off mechanics.

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Training for the Approach

- Short sprints (10, 20, 30) from 3 point
- Sled Pulls/Tire Pulls/Bullet Belt
- Weight Vest Flying 30's (Max Velocity)
- Wicket Drills (Vince Anderson)
- Short Speed Endurance (60m Sprints)

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5 main components OF THE triple JUMP

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Parts of the takeoff

1. Preparation/Increased Frequency
2. Penultimate Step – this will not be as pronounced as the long jump to preserve horizontal velocity.
3. Takeoff

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Take off Drills

- Bounds (Alternate Leg, RRLL, Single, Box)
- Hurdle Tap Drill
- Pop Up Drill (6, 8, 10, 12, Full)
- Short Approach Jumps (6, 8, 10) – NEVER PERFORM FULL APPROACH JUMPS IN PRACTICE!

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MOUNTAIN
WEST
MEN'S INDOOR
TRACK & FIELD
CHAMPIONS
2013

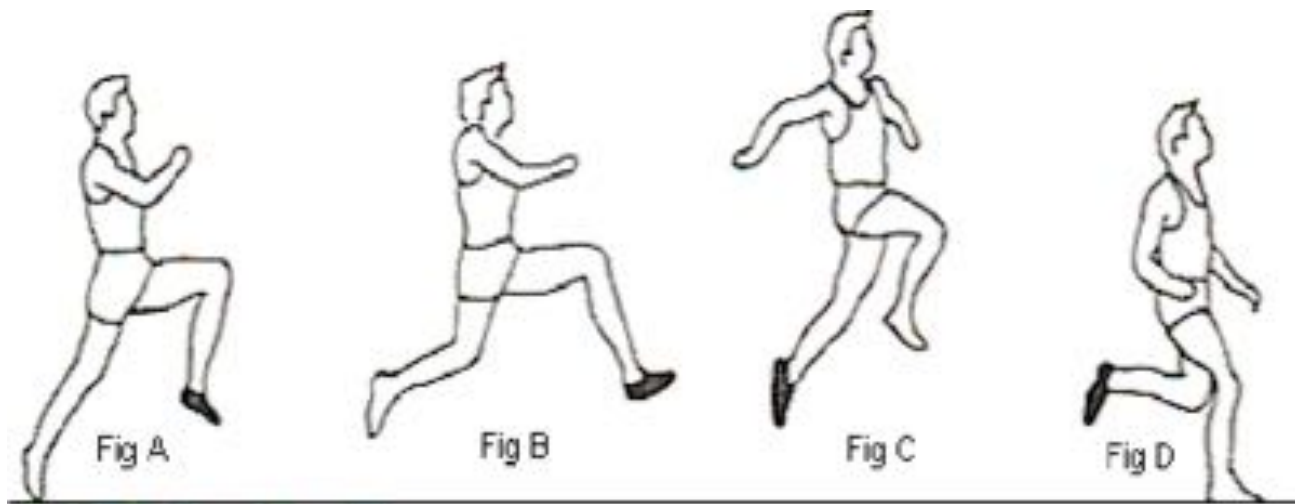
5 main components OF THE triple JUMP

1. Approach
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The Hop/First Phase



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The Hop phase – 34%

- The first motion after take off should be the hips moving forward off the board.
- The swing leg should move through the jump with the take off leg.
- Whether double or single arm the arms should be long and come up to eye level – helps generate vertical force.
- The athlete should maintain an upright body position throughout flight.
- The contact should be under the body to avoid excess contact time.

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A composite image of four male sprinters in mid-stride during a race. From left to right: a Black athlete in a red singlet with bib number 184; a Black athlete in a red singlet with bib number 214; a white athlete in a white singlet with bib number 133; and a white athlete in a red singlet with bib number 289. The background is a light gray with a large, faint number '2' and a circular graphic.

Hop Phase Drills

- Hurdle Tap Drill
- 2 Step Drill
- Single Leg Bounds
- Pop Up Drill

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5 main components OF THE Triple JUMP

1. Approach
2. Takeoff
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4. Step
5. Jump

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The step/second phase




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The step phase – 27%

- Like the hop phase the athlete should push the hips forward off of this phase.
- Whether double or single arm the arms should be long and come up to eye level – helps generate vertical force.
- Keep an upright body position throughout flight.
- Like the hop phase the contact should be under the body to avoid excess contact time.

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A composite image of four male sprinters in mid-stride during a race. From left to right: a Black athlete in a red singlet with bib number 184; a Black athlete in a red singlet with bib number 214; a white athlete in a white singlet with bib number 133; and a white athlete in a red singlet with bib number 289. The background is a light gray with a large, faint number '2' and a circular graphic.

Step Phase Drill

- Bounds (RRLL, Alternate Leg)
- 8 step, 4 bounds
- 2 Step Drill

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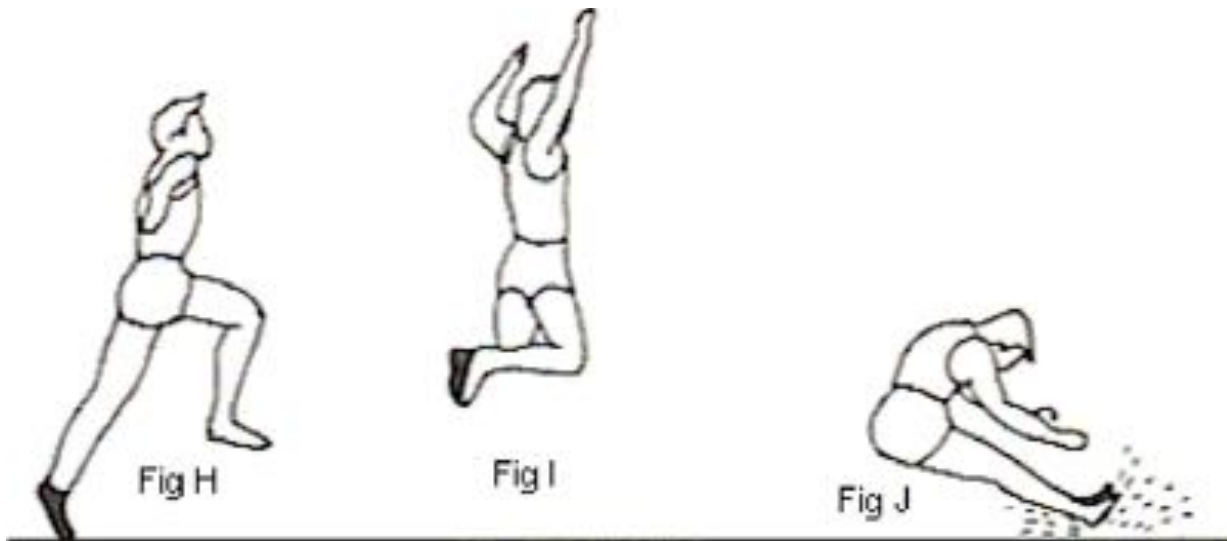
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1. Approach
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The Jump/Third Phase



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Jump phase – 39%

- This phase is most effective with speed behind it, which is why good firm contacts are important.
- Like the previous 2 phases the jumper should push forward into the pit.
- The arms should be long and rise up help with vertical velocity.
- The block needs to be pronounced and aggressive.
- The knees need to be as close as possible in all planes to assist in keeping a tight landing.
- Newton's 3rd law comes into affect here – for every action there is an equal and opposite reaction. This is centered around the hips and occurs in finishing/closing the landing.

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Jump phase drills

- 8 steps, 4 bounds
- RRLL and Alternate Leg Bounds
- Standing Triple Jump
- Short Approach Jumps

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videos

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Questions



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A composite image of four track and field athletes in action. From left to right: a female athlete in a red singlet with bib number 184, a male athlete in a red singlet with bib number 214, a female athlete in a white singlet with bib number 133, and a male athlete in a red singlet with bib number 289. The word "contact" is overlaid in the center.

contact



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