

Bounding Skills

Boo Schexnayder

The Triple Jump – Technique and Teaching

Bounding Skills

- Postural Skills
 - The Head
 - The Pelvis
- Contact Skills
 - Contact Patterns
 - To Grab or Not to Grab
- Swinging Segments
 - Arms
 - The Free Leg

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Teaching Philosophy

- Teaching Running Skills
- Teaching Jumping and Bounding Skills
- Teach the Single Leg Takeoff
- Polish the Hop Phase
- Progressively Add Intensity

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Bounding Skills



Teaching Bounding Skills

- Components
 - Fundamental Drills
 - Remedial Horizontal Bounds
 - Intermediate Horizontal Bounds
 - Vertical Bounds
- Philosophical Approach to Teaching
 - Vertical Bounds and Pelvic Control
 - Vertical to Horizontal Progression
 - Safety Issues

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Bounding Skills in the Triple Jump



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Skips for Height



Skips for Distance



Skips for Height – Key Positions



Skips for Distance – Key Positions



Skips for Height – Key Positions



Skips for Distance – Key Positions



Hurdle Jumps



Remedial Horizontal Bounds



Hurdle Jumps – Key Positions



Intermediate Horizontal Bounds



Hurdle Jumps – Key Positions



Vertical Bounds



Advanced Horizontal Bounds



Triple Jump Takeoff



Triple Jump Takeoff

- Preparation - Minimal or Absent
- The Takeoff
 - Foot Contact
 - Location
 - Contact Patterns
 - Displacement
 - The Free Leg
 - Modifications
 - Thigh Push

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Teaching the Takeoff - Staggered Start Jumps



Triple Jump Preparation



Teaching the Takeoff - Walk Ins



Starter Triple Jumps

The Hop Phase



The Hop Phase



Short Approach Triple Jumping



The Step Phase

- Step Quality and Pelvic Alignment
- Cause and Effect Coaching
- Trajectory
- The Swing
 - Extension
 - Postural Preservation

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The Hop Phase

The Step Phase

- The Hop Leg
 - Passive and Patient
 - Reflexes
 - Symmetry – Reality and Perception
 - Common Errors
- The Free Leg
 - Active
 - Extension
 - Rotation Control
 - Maintaining Contralateral Movement

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The Step Phase



The Jump Phase

- Trajectory
- Cause and Effect Coaching

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The Jump Phase



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