

COACHING HIGH SCHOOL TRIPLE JUMPERS

Leo Sacramento

About Me

- ▣ I'm a teacher at Holmes Jr. High in Davis, CA.
- ▣ I've been the long and triple jump coach at Davis Senior High for 12 years.
- ▣ Previously, I coached jumpers at Mission San Jose for 11 years. Afterwards, I coached pole vaulters at James Logan High School.
- ▣ I have 4 kids-one child in college, one is a junior in High School and 2 in grade school
- ▣ Therefore, as a coach, I am extremely busy, and my time on the track needs to be efficient! This presentation is about making your time efficient too.

Purpose

- ▣ At Davis High School, I coach long and triple jumpers. We have a huge group – Davis High Track does not make cuts based on ability.
- ▣ On any given year, my group of jumpers may reach as high as 40 kids.
- ▣ Of these 40 kids, we have incredible diversity in ability level and personal type.
- ▣ Regardless of your numbers, coaching high school kids with different needs creates a challenge.
- ▣ Whether you have 40 or 4, how do you use the two-three days per week so as to maximize the potential of every single athlete?

Setting Goals

- ▣ Having a goal creates “buy in.” A goal gives an athlete a reason to work hard. Additionally, a personal goal gives every athlete the opportunity to have success.
- ▣ One athlete might have a goal that takes him or her to the State meet – He or she can measure success based on this goal.
- ▣ Another athlete is more concerned about personal goals. Their goal might be to be able to make the pit from the nearest board – He or she can measure success based on this goal (rather than comparing him or herself to the other athlete).
- ▣ Each athlete have different agendas. It varies on how they are willing to put in the time.

Running a Practice

DON'T

- ▣ ...Have a large, diverse group wait in a long line on the runway to jump.
- ▣ ...Spend too much time on any single activity.
- ▣ ...Over-lecture: high school kids have a short attention span.
- ▣ ...Overburden them with more than one thing to think about at a time.
- ▣ ...Allow frosh-soph boys to dictate the social culture☹

DO

- ▣ ...Some people waiting in line to jump, while others are doing a different drill.
- ▣ ...For a two-hour practice, plan at least four different activities. I usually finish with full triple jumps.
- ▣ ...Don't shut a kid down if they ask a question, but keep explanations short and sweet.
- ▣ ...For each drill, give them one element to focus on. This will differ depending on the kid. It's the athlete's job to know what they are working on in the drill.
- ▣ ...Captains, and other trusted veterans, determine the social culture.

Jump Culture

- ▣ Our group is not made up of “sprinters” who jump. Rather, we are “jumpers” who also sprint (or hurdles, etc.).
- ▣ For the last couple of years, our jumpers have made t-shirts and had “jumper bbq's.”
- ▣ The “jumpers” have an identity within the team.
- ▣ This is important: with pride comes ownership and authentic hard work.
- ▣ It's important to have “captains.” Captains take ownership.

Drills that work

- ☐ I use four types of drills
- 1. Grass Drills (i.e. bounding)
- 2. Box Drills (i.e. depth jumps)
- 3. Hurdle Drill (i.e. hip-mobility drills)
- 4. Runway Drills (i.e. triple jump phases)

Grass Drills

- ☐ Alternate Bounding – “Think Floating”
- ☐ Why: Works on staying horizontal rather than vertical; works on positive momentum forward, works on the second phase (hardest for h.s. kids), builds elastic strength and flexibility.
- ☐ How does the drill work: line up all the athletes on the goal line. Have a captain model the activity (I make fun of the captain, but then point out what he/she did well). Have them go in groups of three or four, so I can give feedback. I let everyone hear the feedback.

Grass Drills

- ☐ Wheel/Sweep
- ☐ Why: Works on rhythm and elastic strength; works on the first two phases.
- ☐ How does the drill work:
Right, right, left, left, R,R,L,L, etc.

Grass Drills

- ☐ Phase 1 Drill or “Wheel Drill”
- ☐ Why: Works on being aggressive/running off of the board; keeping movement horizontal, not vertical. Doing this drill on the grass is great if you only have one runway (or no runway at all).
- ☐ How does the drill work: Using ten yard markers, they run and take off, then land on the same leg (phase 1). They do this repeatedly down the field for 50 yards or so (5 times).

Box Drills

- ☐ Depth jumps, box-ground-box
- ☐ Why: builds joint stiffness/elastic strength (not collapsing under your own body weight)
- ☐ How does this drill work –

(draw on the board)

Box Drills

- ☐ Third Phase Box Drill
- ☐ Why: works on third phase.
- ☐ How does the drill work: Need a Box and a high jump mat or pv mat. Start on the box – drop to ground – finish in pit.

(Draw on the board)

Hurdle Drills

- ▣ Double-leg hops
- ▣ Why: hurdle drills keep a lot of kids active simultaneously. These build elastic strength, core strength and flexibility.
- ▣ How does this drill work.

Set up eight-ten hurdles on the track; adjust hurdle heights based on ability level; double-leg hops (no rest between)

(Draw on the board)

Other hurdle drills

- ▣ Lead leg and trail leg drills that the hurdler would do
- ▣ Hip-mobility walking drills
- ▣ Over-under drills

Runway Drills

- ▣ Phase 1, “Wheel Drill”
- ▣ Why: works on being aggressive/running off the board
- ▣ How does the drill work:

This is the same drill we did on the grass. Now, we are doing it on the runway. I uses both sides of the runway because our facility allows us to do so. If you don't, you could do this on the track.

Runway Drills

- ▣ “Wheel/Sweep Drill”
- ▣ Why: Works on the first two phases
- ▣ How does the drill work: Take a three-step approach, then do the first two phases, then they run off.

Again, I uses both sides of the runway, but this could be done on the track.

(Draw on the board)

Full Triple Jumps

- ▣ We never do a full approach at practice, but I like to end a triple jump practice with full triple jumps.
- ▣ I usually use a three or four step approach. This slows the jump down, so I can give better feedback.

Meet Preparation

- ▣ Make your athletes self-sufficient!!!
Conversations to have at least one day BEFORE the meet:
- ▣ Work on approaches before meets.
- ▣ Make sure they know how to warm-up.
- ▣ Make teammates responsible for catching each other's steps.
- ▣ Captains should bring tape measures (and bring them home!!!) and other supplies.
- ▣ Take practice jumps into the pit.
- ▣ Basically, make sure they are not dependent on having a coach present.