

# The Fundamentals of Developing a Consistent Long Jumper

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### Personal Introduction, Background and Experience

### Core Fundamentals in Establishing consistency

- Body positioning and body awareness
- Stride length and frequency
- Counting strides/steps

### Body Positioning and Awareness

- Starts with a solid warm up.
  - 4 way directional movement for warm up--skips and strides
  - Dynamic Flexibility (D.F.): focusing on extension and range of motion, balance and introducing some technical elements during D.F.
    - Walking Lunge
    - Side Lunge with Cross-over
    - Balancing Figure 4 stretch
    - Extend and Swipe and Ground Touch
    - Leg Swings (lateral and balancing)
- Drills: For all of these drills, the idea is to focus on one main concept and transition to a stride out-- feeling the execution of that movement in the stride. Following are the ones I like to focus on:
  - Drills Part 1:
    - Jump Lunge: focus on big stride, back leg extended and driving posture. Should be a straight line from the top of the head to the heel. Stride Out is powerful with low heel recovery/ similar to the beginning of an approach.
    - High Knee Carioca: working on being reactive off track, reactive feet in stride.
    - Backward Stride: Pre-hab hamstring work--no stride out.
  - Drills Part 2:
    - Ankle Flicks
      - CRUCIAL for an athlete to understand and execute dorsiflexion. If Athlete is challenged--try Jump rope or stadium step hops

- Over ankles- “scrape” bottom of shoes and maintain posture in transition
- Over knees-maintain posture in transition
- Scissor Pulls-maintain posture in transition
- Drills Part 3: Technique Drills:  
(new athletes need to determine jumping leg)
  - Standing Long Jump
  - Alternate Bound with landing
  - Take-off Drill
  - Penultimate Drill
- Trampoline work

## Stride Length and Frequency

- Race/Train your long jumpers for the 200m
  - Cultivates a strong stride efficiency and frequency that is smoother than sprinting the 100m
  - The training for racing a 200 requires 300m intervals, 150s, 60s, 30s.
  - Speed Endurance and fitness for bringing 110% down the runway every attempt-  
-more consistent with stride length and frequency.
  - Longer strides at high speed will translate to bigger jumps.
  - Green hurdles spaced accordingly to work on longer stride with faster frequency and good posture. (Core Work!)
  - Hill runs and Hill bounds are also helpful.
  - Plyometrics should be a significant part of training. Being mindful of shin splints with younger athletes.

## Counting Steps

- The benefit of counting steps: Understanding rhythm and helps with visualization.
- Rhythm Runs: With Spikes. Coach Counts. Find where stride 3 lands.
  - Goal? To be 100% ready for run thrus when athlete steps on to runway.
  - Every phase of the rhythm run is “exaggerated”
  - Phase 1: Powerful stride, creating forward momentum:
    - Introduce end of drive phase check mark.
  - Phase 2: Tall and lifted..opening up strides with knees lifting.
    - Reference the transition to stride out from drills
  - Phase 3: Establish/ Feel Acceleration at end of run and ability to lower center of gravity. Drop and Block.. Flat Flat.. whatever cue works for athlete.

- Stepping on the runway for approaches for practice or competition.
  - Athlete is responsible for knowing where he/she is for drive phase check mark.
    - Talk to your athlete to prepare them for the competitions when there will be many check marks along the runway. Athlete should always be equipped with own tape to use. Place mark at a distinctive angle or use a distinctive color if check mark is crowded with other check marks.
    - Having a check mark gives athlete information that needs to be utilized in practice. Did I rush the drive phase? Did I drive for too long? Do I feel so explosive today that I need an extra foot or two to get to check mark?
    - For practice, cones should be set up at end of runway: Last 3 steps. Either side of board, 5-7 feet out, 12-15 feet out depending on athlete's stride length. These are for coach to get information and for athlete to visually cue at end of runway.
      - Over-striding? Reaching for board? Position at take off?  
Accelerating into take off? Adjust accordingly.

## **Conclusion**

- Consistency starts with body awareness, drill repetition, and a solid speed endurance, speed and strength training program which includes a plyometric program. Counting strides may seem strange for some athletes and may feel a little disconnected from their movement. I always count steps for any beginner jumper and I explain the importance of how it can help in competition, training, visualizing.