

Long Jump Technical Aspects

- The Approach
- The Penultimate
- The Take-off
- The Flight
- The Landing

The Approach

- Consistency
- Rhythm
- Tempo
- Efficient Mechanics
- Static vs Walking Start

The Penultimate

- Lowering of COM and initial creation of Vv
- Women-2.10- 2.20m from board
- Men- 2.20-2.30m from board
- Minimize deceleration
- Maintain postural integrity
- The foot should land flat with slight knee bend
- Foot should land slightly under COM

The Penultimate (cont)

- Long to Short Lewis, Dreschler
- Even- Myricks
- Short to Long- Beamon WR
- Rhythm and Motor Learning
- Conservation of Elastic Energy

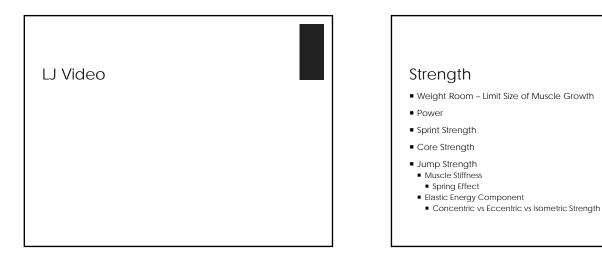




- Biggest place for variability but all are fighting forward rotation
- Long Levers to slow rotation in sequence to rotation
- Hang vs Hitch vs Sail vs Modified Hang
- Very Similar Take-Off Position, differentiates at lift off
- Hang- video
- Hitch-video
- Modified- video

The Landing

- Dependent of Take-Off and Flight Technique Used
- Simultaneous Extension near landing and preparation for landing
- Sweeping of arms before initial touchdown
- When heals hit sand, breaking at knees allowing for hips to fall into hole created by heals
- Subsequent slide to either side or tucking of arms back near COB





BIOMOTOR ABILITIES

- Flexibility
- Coordination
- Endurance
- Strength
- Speed
- Other

Flexibility

- R.O.M.
- Lack of Flexibility will prevent from proper muscle firing sequence
- Static
- Dynamic

Coordination

- Technique
- Bilateral Symmetry, Ipsilateral Symmetry
- Timing of Upper and Lower body
- Postural Integrity Pelvis-Spine-Hip
- Decrease in activity in younger athletes

