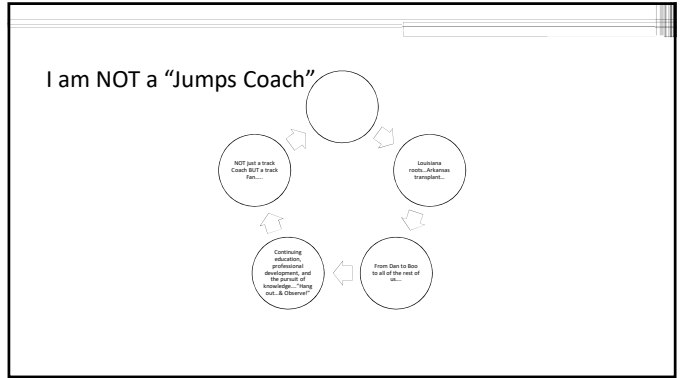


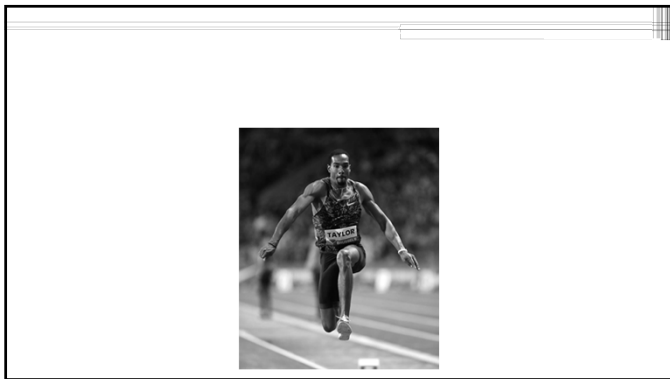
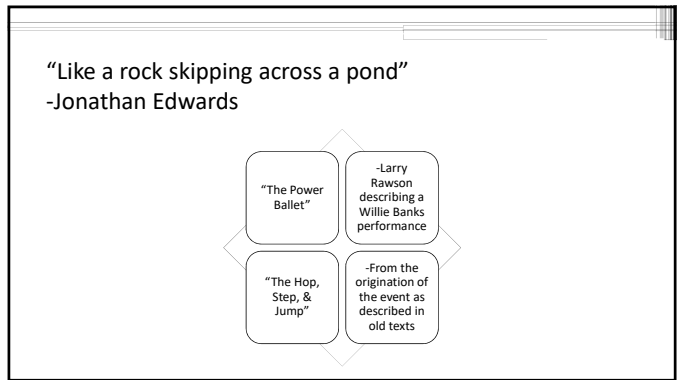
Building a Technical Model for The Developing Triple Jumper

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ALL TIME JUMPS MARKS


<ul style="list-style-type: none"> • BOYS HIGHSCHOOL MARKS • LJ NATHAN BURKS 24'1 (8 OVER 23') • TJ HERBERT HARRIS 49'3 (11 OVER 48') • HJ BILLY GREEN 7'3 1/2 (2 OTHERS OVER 7') • PV SETH JONES 15'3" (15 OVER 14'7") 	<ul style="list-style-type: none"> • GIRLS HIGHSCHOOL MARKS • LJ TINA HARRIS 20'10 (10 OVER 18'6) • TJ TINA HARRIS 40'10 (7 OVER 39') • HJ TINA HARRIS 5'10 (6 OVER 5'6") • PV ISABEL NEAL 12'7 (10 OVER 11')
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HELP ME FIND A TRIPLEJUMPER!



Technical Model for the Developing Triple Jumper

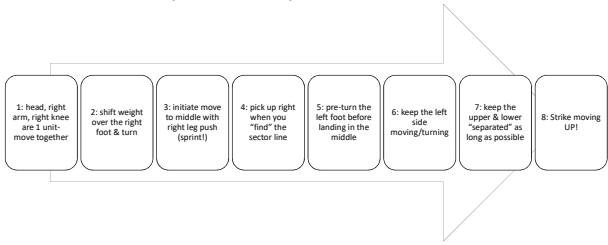


Field tests for proficiencies:
-from baby bounds to mini Hurdle hops, to short bounds on the runway
Who do we target as potential Tjers?
Do all long jumpers make good triplejumpers?

MATCHING THE COACHES KNOWLEDGE TO THE ATHLETES UNDERSTANDING

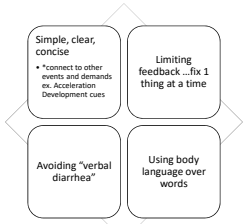
- TECHNICAL FOUNDATIONS.....STYLE VS TECHNIQUE
- MAKING ADJUSTMENTS.....ONE AT A TIME, CAUSE & EFFECT
- CHANGING TECHNICAL HABITS.....INGRAINED MOVEMENT PATTERNS
- SPEEDING THINGS UP.....INITIAL LOSS OF COORDINATION
- CREATING A COMMON LANGUAGE.....LISTEN!..."What do you feel?"

Discus technique checklist
 ex. Ruston , La. (left hander)



- 1: head, right arm, right knee are 1 unit-move together
- 2: shift weight over the right foot & turn
- 3: initiate move to middle with right leg push (sprint!)
- 4: pick up right when you "find" the sector line
- 5: pre-turn the left foot before landing in the middle
- 6: keep the left side moving/turning
- 7: keep the upper & lower "separated" as long as possible
- 8: Strike moving UPI

Creating cues



- Simple, clear, concise
 - *connect to other events and demands ex. Acceleration Development cues
- Limiting feedback...fix 1 thing at a time
- Avoiding "verbal diarrhea"
- Using body language over words

Any discussion on the Triple Jump will inevitably include:

- Foot Contacts
- Postural integrity
- Swing Side mechanics

Foot contacts

- Dorsiflexion
- Under the COM
- Rolling Contacts



What does that look like in a practice setting?

- 1-vertical pushing baby bounds
- 2- single sided L-L-L-L OR R-R-R-R
- 3- switch sided L-R-L-R OR L-L-R-L-L-R
- 4-progressive heel recoveries ankle-calf-knee-thigh
- 5-NO run-in
- 6-Introduce a short run-in

Postural Integrity

“Shoulders over the hips over the foot contacting the ground”

- Undulation, Oscillation,
- Overcoming forward rotation
- Avoiding excessive External rotation

HOW DO I PROMOTE THAT IN A SESSION

- LINEAR MOVEMENTS BEFORE ROTATIONAL MOVEMENTS
- TECHNIQUE OVER STYLE
- BRACING AND TOSSING WITH MED BALL
- GENERAL STRENGTH CIRCUITS
- HURDLE MOBILITY ROUTINES...ADD MED BALL FOR EXTRA RESISTANCE

Swing Side Mechanics

- Forward propulsion
- Blocking action
- Synchronization of the arms with the legs
- Single arm or double arm swing?

WHAT DOES THAT LOOK LIKE IN PRACTICE?

- SKIPPING IN ITS MULTITUDE OF VERSIONS
- ARMS SWINGING WITH THE SWING SIDE LEG
- RUN-RUN-JUMP EXERCISES
- FREEZE SKIP
- ROCK & BLOCK ARMS

Constructing the Approach

- Short to Long
- Pushing mechanics and shin angles
- Gradual transition to vertical pushes
- Rhythm on the runway
- Mid-Marks and getting on the board- Steering abilities

Managing Runway scenarios

- Using a Coaches mark on the runway
 - Divide the approach into manageable segments
 - A: BEHIND THE MID, OUT FROM THE BOARD
 - B: OVER THE MID, OVER THE BOARD
 - C: BEHIND THE MID, ON THE BOARD

RUNWAY PRACTICE AWAY FROM THE RUNWAY

- ASSIGN A NUMBER , LETTER, ETC
- COMMON START LINE....EX. BACKSTRETCH BREAKLINE
- MULTIPLE RUNS MARKED
- OVERVIEW OF THE EFFORTS
- 1- IS THERE A PATTERN?
- 2- ESTABLISH A # ON THE TAPE MEASURE....DON'T "RUN BACK" AND DON'T GUESS
- 3- UNDERSTANDING THE "MAGIC NUMBER" TO HELP GROW THE APPROACH

The total package...



- *
- *Ancillary Training...SKIPPING, BOUNDING,HOPPING
- imitative exercises
- Strength training...OLYMPIC LIFTING
- ROTATIONAL BRACING, CATCHING, & TOSSING

IN REVIEW....

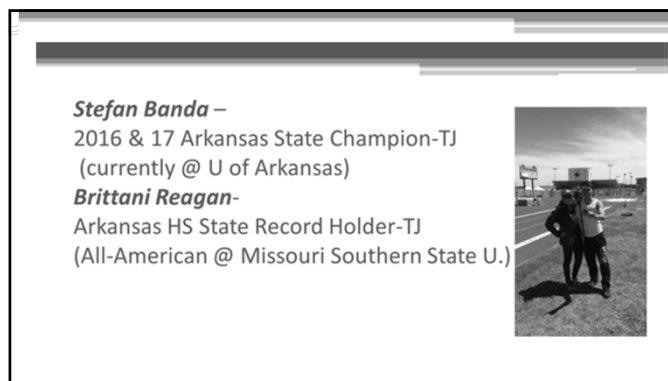
- Video checklists.....START WITH 3-4 AND GROW IT OUT
- *Examples in other events....ACCELERATION IS ACCELERATION
- *Level of understanding meets
- athletes ability to correct and perform....LISTEN BEFORE GIVING FEEDBACK
- *Speed of the effort: temporary
- reduction in coordination.....MEDIUM SPEED TO COMPETITION SPEED
- *Working from the short approach &
- adding momentum...THE YOUNGER THE ATHLETE THE SHORTER THE APPROACH

Use of video

- Slow Motion vs Real timelocating landmarks
- Coach's Eye / HUDL/ other resources....allow graphics, voiceovers, etc...

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Thanks for Listening!
Questions, comments, contacts?

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