



# Coaching High School Triple Jump

Leo Sacramento

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# Veteran Coach & Former Athlete



# Teacher



# Father

# Purpose

- 01 Long and Triple Jump Coach
- 02 Massive team – no cuts
- 03 All different levels of ability
- 04 Maximizing time for every athlete



**Setting GOALS create “buy in”. It gives an athlete a reason to work hard. A personal goal gives every athlete the opportunity to have success.**

Our group is not made up of  
“sprinters” who jump.  
Rather, we are “jumpers”  
first who also sprint (or  
hurdles, etc.).

# 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.
- Shut a kid down if they ask a question; keep explanations short and sweet.
- Overburden them with more than one thing to think about at a time.
- Allow frosh-soph boys to dictate the social culture 😊

## DO:

- Have some people waiting in line to jump, while others are doing a different drill.
- Plan at least four different activities for a two-hour practice. I usually finish with full triple jumps.
- Give them one element to focus on per drill. This will differ depending on the kid. It's the athlete's job to know what they are working on in the drill.
- Have captains, and other trusted veterans, determine the social culture.

# Drills that Work

01

Grass Drills (i.e. bounding)

02

Box Drills (i.e. depth jumps)

03

Hurdle Drill (i.e. hip-mobility drills)

04

Runway Drills (i.e. triple jump phases)

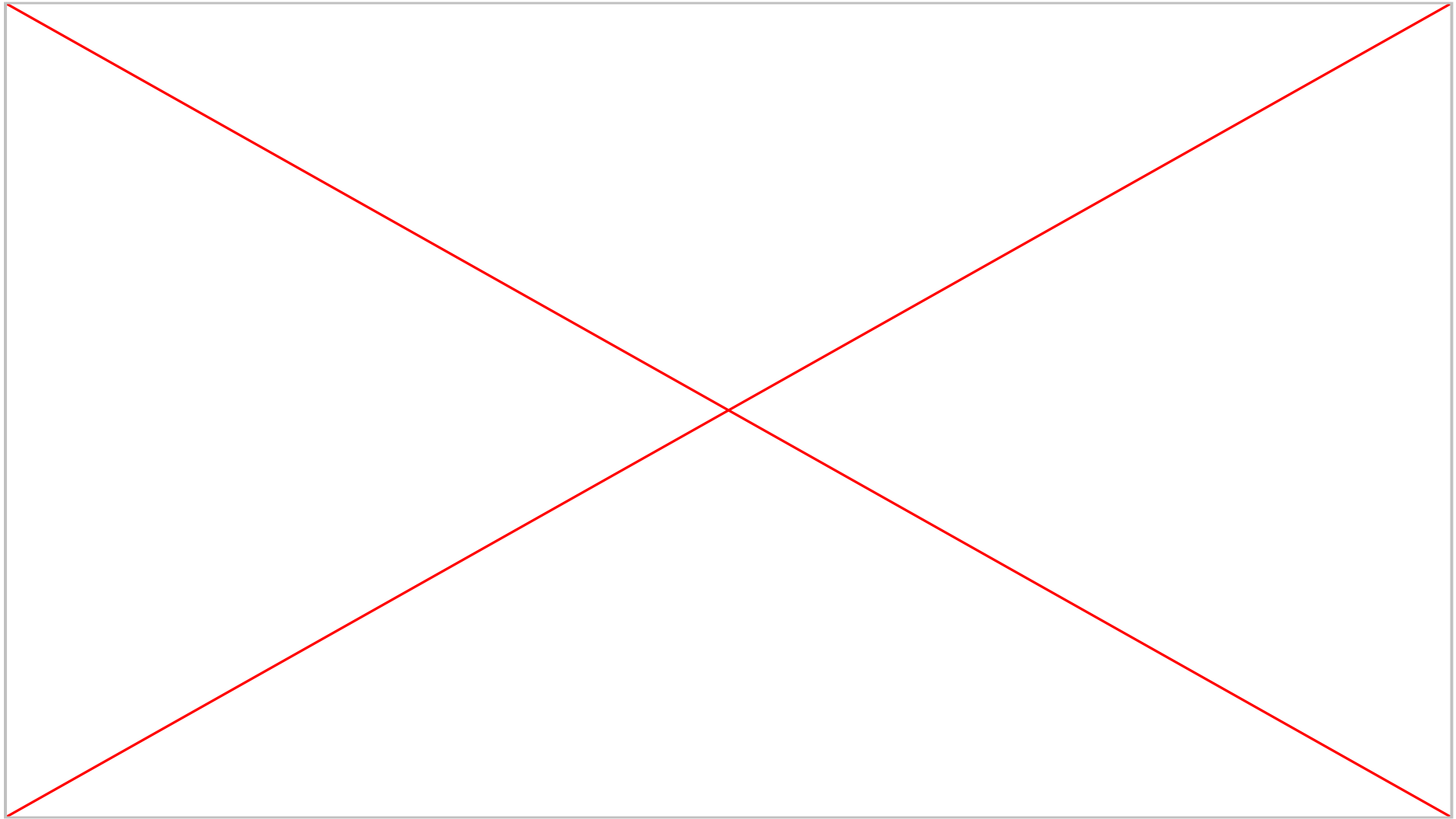
# Grass Drills: Alternate Bounding – “Think Floating”

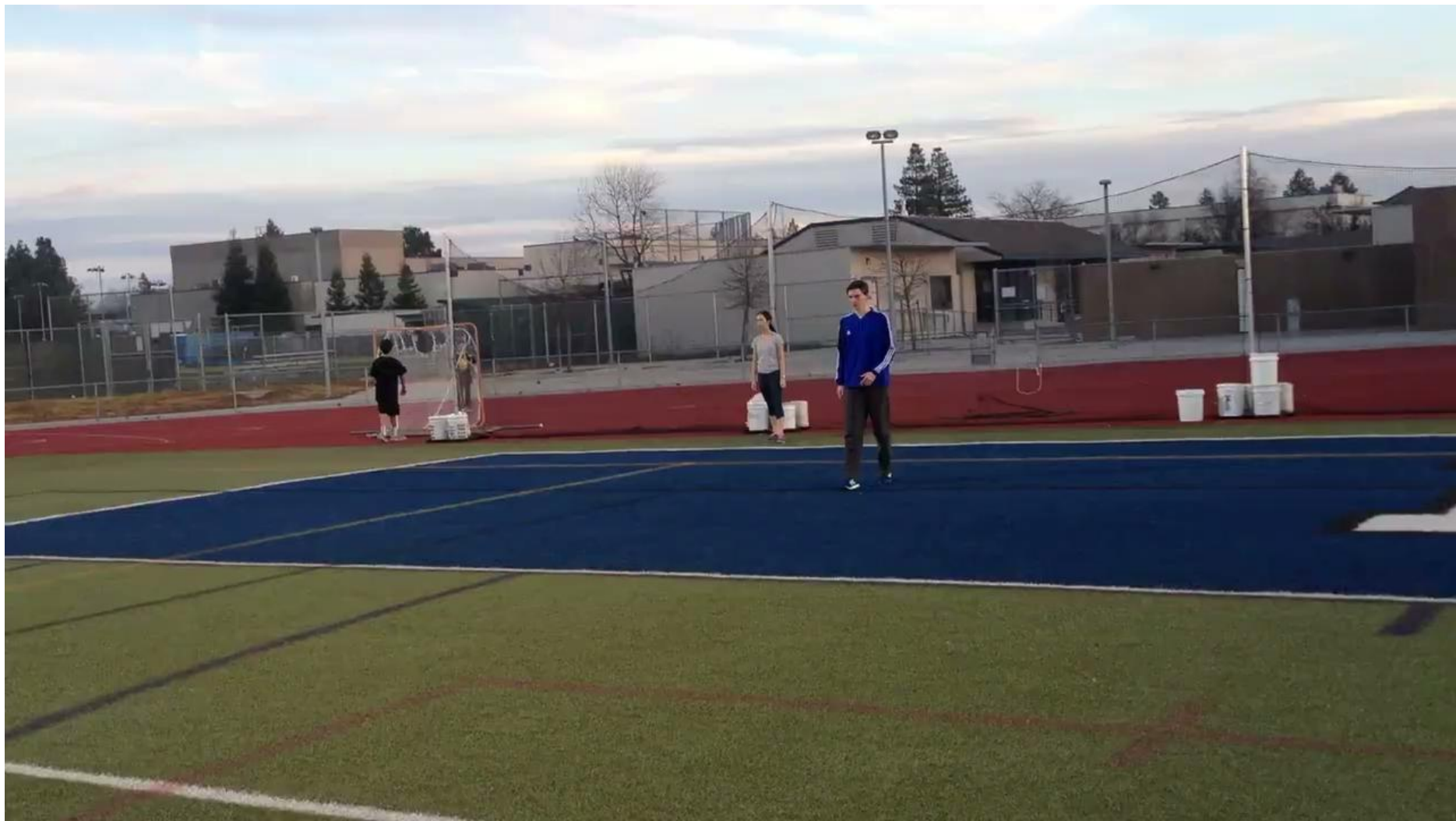
## Why

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

Line up all the athletes on the goal line. Have a captain model the activity (point out what he/she did well). Have them go in groups of three or four, so I can give feedback.







# Grass Drills: Phase 1 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

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).

# Grass Drills: Wheel and Sweep

## **Why**

Works on rhythm and elastic strength; works on the first two phases.

## **How**

Right, right, left, left, R, R, L, L, etc.

# Hurdle Drills: Double-leg hops

## Why

Hurdle drills keep a lot of kids active simultaneously. These build elastic strength, core strength and flexibility.

## How

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





# Runway Drills: Phase 1, “Wheel Drill”

## Why

Works on being aggressive and running off the board

## How

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

Take a three-step approach, then complete the first two phases, and then they run off. Again, I uses both sides of the runway, but this could be done on the track.





# Box Drills: Third Phase Box Drill

## Why

Works on third phase

## How

Need a Box and a high jump mat or pv mat.  
Start on the box – drop to ground – finish in pit.



# Box Drills: Depth jumps, box-ground-box

## Why

Builds joint stiffness/elastic strength (not collapsing under your own body weight)

## How

*\*Drawing example 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.**





# Other Drills:

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

# Meet Preparation

Make your athletes **self-sufficient** !! Conversations (at least) **1 day BEFORE** the meet:

01

Work on approaches before meets.

02

Make sure they know how to warm-up.

03

Make teammates responsible for catching each other's steps.

04

Captains should bring tape measures and any other supplies (and bring them home!!!).

05

Make sure they are not dependent on having a coach present.

A wide-angle photograph of a large stadium during sunset. The foreground is dominated by a red running track with white lane markings, leading towards a green field. The stadium seating is filled with spectators, and the sky is filled with dramatic, colorful clouds. The sun is low on the horizon, creating a warm, golden glow.

**Thank you!**