

## ITCCCA Clinic 2010: Triple Jump

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#### Introduction and Acknowledgments

- I. “Begin with the end in mind”: who’d likely make a good triple jumper? Why?
  - A. Long/high jump athletes...speed, jumping ability(strength/flexibility), balance
  - B. Soccer (field) players...speed, jumping ability, balance
  - C. Football players (halfbacks and wide receivers)...speed, jumping ability, balance
  - D. Basketball players...jumping ability, balance
  - E. Volleyball players (middles and outside hitters)...jumping ability, balance
  - F. Kids in PE classes (work with your PE teachers to get some names)
- II. Paint the BIG Picture: use the “whole” approach, but not a full approach!
  - A. Familiarize athletes to the event by using film of triple jumpers and then do standing triple jumps—goal is to have them “doing the event” to arouse motivation
    1. LIMIT the distance of the hop. Place a mark limiting the hop and see how far they can go on the step
    2. Single or double–arm action off the board? You must decide!
    3. The sound of a state meet triple jump—think the rhythm of the kick drum in Fleetwood Mac’s song “The Chain” (observe 2009 state meet triple jumpers)
  - B. “Maintain the speed throughout the jump” How to teach?
    1. Begin with short approach full jumps(execute all three phases)
      - a. Foot strike at take–off board is flat or *barely* heel>toe with a pawing motion (skateboard down the runway)
      - b. Eyes out toward back of pit/head up/”iron rod” through head to waist!
      - c. Take–off knee (free leg) drives forward and up to 90 degrees

- d. Keep free leg foot beneath lead knee in hop and step phases (John Craft photo)
2. Slowly increase approach distance to introduce “the tunnel”--KEY POINT
  - a. “Hop through the tunnel” (hop phase) arms forward and out
  - b. “Scrape your head on the inside of the tunnel” (step phase) hands to nose
  - c. “Pop your head up through the tunnel” (jump phase) hands up! Hang style
- C. Development drills to try (level surface)
  - a. 25-yard delayed step drill (alternate leg bounding)
  
  - b. Hop-Step-Jump rhythm drill
  
  - c. Hop Landing sand (or HJ pit) Drill
  
  - d. 3 forward-1 back (3 hops forward, one back on same leg, then go to other leg...2-5 times for 50 yards on a soft surface)

### III. HEY, Coach! Coach Causes, Not Symptoms

- A. View the triple jump as a series of consequences
  1. The approach run and take-off dictate much of what the final result will be
  2. Horizontal speed, take-off angle (trajectory) and posture at take-off are vital to the performance
- B. No one phase should be over-stressed to the detriment of the overall effort
  1. Hop phase effects step and jump phases
  2. Step phase effects jump phase
  3. REMEMBER: the stress load experienced at take-off is 5-7 times greater than the jumper's bodyweight. Even *with* excellent technique, a jumper cannot

produce quality performances if he lacks sufficient strength and speed, and likewise if he lacks the resistance to counteract the extreme demands of training

4. *Technique is essentially secondary and should be adapted to the physical capabilities of the jumper*

C. Before making any mechanical corrections, consider what is a cause and what is a symptom

IV. HEY, Coach! Remember: communication is the heart of coaching!

1. The successful and experienced teacher-coach sets and reaches goals because he stimulates and inspires the potential of his student-athlete through dynamic communication that the athlete clearly understands

2. **Your** knowledge of the learning process and thorough understanding of the event helps you avoid nonessential details in the whole-part-whole teaching method

5. *Be enthusiastic! Be expressive! Be dramatic!*

6. The important thing to keep in mind is to always return to the whole movement as quickly as possible, and to use the teaching by parts method sparingly with careful judgment

V. What's the deal with the step phase?

A. For one, it's the difference between decent high school jumpers and outstanding, State Meet-caliber jumpers!

B. The hop landing is the origin of many of the step problems, and that landing must be "active" and not passive.

C. Coaching cues – Step improvement

1. Take off after a short run with the hop leg, but execute a step instead of the hop, and finish the action with a jump into the pit/onto HJ pits

2. Think "foot lift" at the step take-off AND during step flight, keeping the knee forward and up and the shin slightly back—improves balance and posture!

3. Hop off of a low box and explode onto another, slightly higher box with step leg

VI. Injury prevention exercises—an absolute prerequisite in training!