

ITCCCA Clinic 2010: Notes for beginning coaches
CONCENTRATION SKILLS FOR JUMPERS
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Field event competitions at track meets are often structured in such a way as to conveniently and consistently allow the following concentration “keys” to be applied. For instance, before each competitor takes his jump, the head judge typically makes the following call or announcement:

“Pinedo up; Johnson on deck; Pinta on hold.”

Let’s follow Brian Pinta through the concentration stages leading up to his competitive effort.

The judge calls: “Pinedo up; Johnson on deck; Pinta on hold.”

1. “ON HOLD”

Actively engage in observing everything. See the track; see the spectators; see your parents and friends; see your teammates; see your competition; see the judge(s); see the board; see the pit; see EVERYTHING, but be picking out those things that are directly related to you and the jump you are about to make. Allow all of your attention to be focused totally on these specific relevant aspects of your setting.

It’s time to review your key strategies, to review those key cues in your technique. (First three steps consistent; good running form—high knees; eyes up and beyond pit, ATTACK THAT BOARD!; hard and fast knee drive off the board; s-a-i-l; “touch toes” in the pit). Now, walk through these same steps, giving yourself a final reminder of the cues, positions, and feelings throughout the jump.

“Johnson up; Pinta on deck; Petty on hold.”

2. “ON DECK”

Now you’re on deck, almost your turn. You’ve reviewed your technique. Close your eyes and just see yourself on the runway, and delivering the perfect jump. You’re totally in control. See yourself once again, this time allowing the picture to be so real, so vivid, that you can sense the feeling in your muscles contracting and powerfully exploding into the greatest jump of your life. LOVE THAT FEELING.

“Pinta up; Petty on deck; Weston on hold.”

3. “UP”

It’s your turn. It’s now time to go get it! All those months of training, all of those hours in the weight room, all of those drills, all of those film sessions, and all of those dreams have now led you to THIS MOMENT. It’s no longer time to learn. It’s no longer time for input. It is now the time to deliver. It’s now the time to “JUST DO IT!” Trust yourself, and let it all happen. THAT’S IT! LET IT HAPPEN! Do one or two squat jumps before taking your place on the runway at your mark. Enjoy the ride.

TRUST YOURSELF. SEE IT – FEEL – TRUST IT!

Activate all systems – GO!