

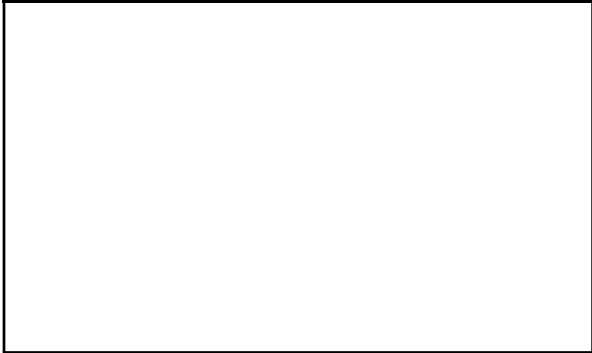
Teaching Progressions for the Horizontal Jumps

Exercise Categories

- Fundamental Exercises
- Long Jump Work & Landing Series
- Bounding Skill Work
 - Vertical Bounds
 - Short Horizontal Bounds
- Triple Jump Work

Fundamental Exercises

Skips for Height



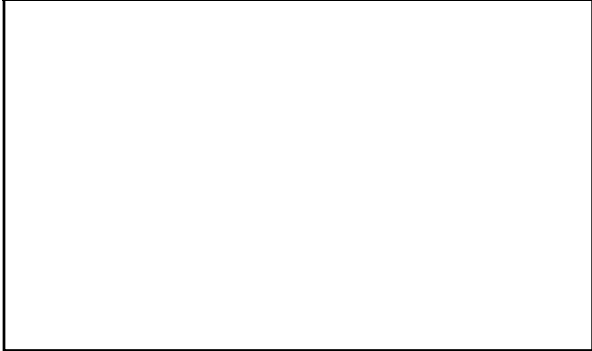
Skips for Height – Key Positions



Skips for Height – Key Positions



Skips for Distance



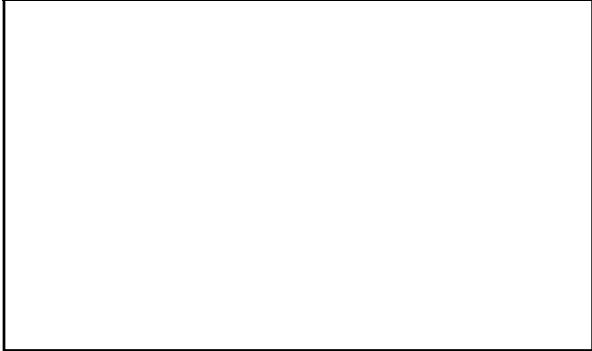
Skips for Distance – Key Positions



Skips for Distance – Key Positions



Hurdle Jumps



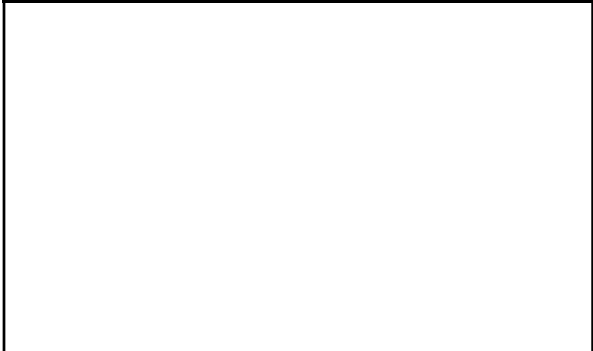
Hurdle Jumps – Key Positions



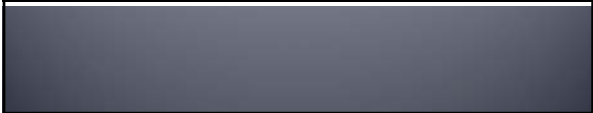
Hurdle Jumps – Key Positions



Run-Run-Jump



Long Jump Work



Run-Run-Jump as a Teaching Platform

- Sequencing
 1. Takeoff Contact
 2. Penultimate Contact
 3. Penultimate Lowering & Displacement
 4. Arms

Run-Run-Jump as a Teaching Platform

Blank rectangular area for notes.

Seven horizontal lines for notes.

Starter Long Jumps

Blank rectangular area for notes.

Seven horizontal lines for notes.

Long Jump Takeoffs

Blank rectangular area for notes.

Seven horizontal lines for notes.

Landing Series

Short Run Long Jumps

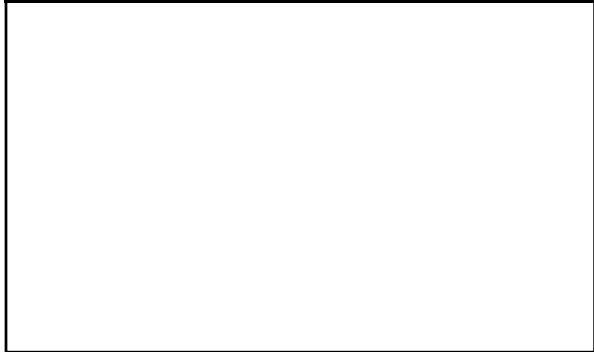
Teaching Bounding Skills

- Philosophical Approaches
- Vertical Work & Horizontal Work
- Progressions

Teaching Bounding Skills

- Neutral Pelvis
- Contact Patterns
- Extended Leg Swing
- Arms

Bounding Skills



Bounding Skills – Key Positions



Bounding Skills – Key Positions



Bounding Skills – Key Positions



Teaching Bounding Skills

- Common Misconceptions
 - Foot Contact Patterns
 - Recovery Cycle Heights

Vertical Bounds

Vertical Bounds

Technique and Rationale

- Amplitudes
- Verticality
- Contacts
- Free Leg Positioning
 - Preserving a Neutral Pelvis
 - Positioning the Extended Free Leg

Short Horizontal Bounds

Remedial Short Horizontal Bounds

Intermediate Short Horizontal Bounds

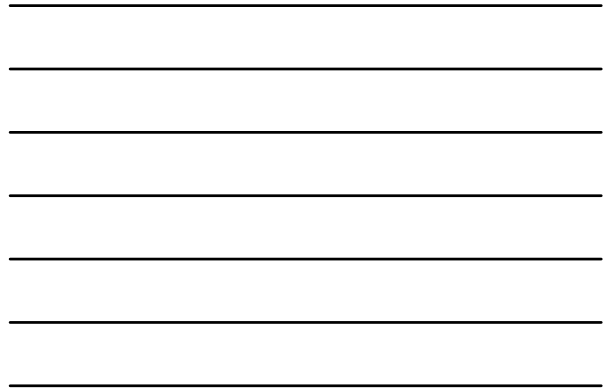
Short Horizontal Bounds

- Teaching Points
 - Posture
 - Foot Contacts
 - Trajectories
 - Free Leg Swing
 - Extended Position
 - Symmetry

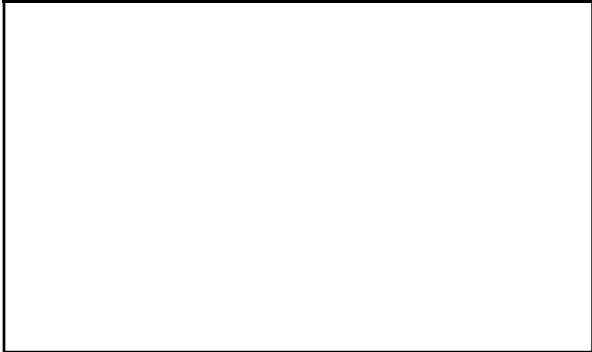
Triple Jump Work

Transition Exercises for the Triple Jump


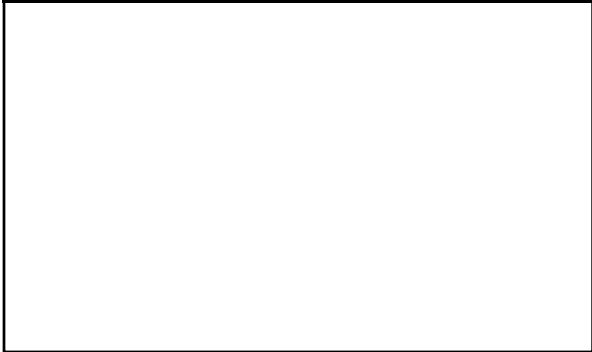
Staggered Start Short Horizontal Bounds



Walking Start Short Horizontal Bounds



Starter Triple Jumps



Short Run Triple Jumps

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