Long Jump Skills

By
Fernando's Matthews
H-F Assistant Girl’s Track Coach - Field Events
fernando.matthews@sbcglobal.net

This presentation will cover and help all coaches understand:
- Basics of long jump
- Pre-season conditioning
- Practice techniques
- Jumper’s mistakes

Basics of Long Jump
In order to execute a proper long jump you must go through the training phase and it consist of four stages.

Stage One - Approach
- The first half of your run-up should be rhythmic and relaxed.
- About halfway down, pump those arms and legs to get maximum speed and set the board in top gear.
- Your speed will give you the momentum needed to achieve a good ‘flight’ and long jump.
- On take-off, power yourself by driving your leading leg upward.

Stage Two – Take Off
- It is important to help force your body through the air by circling your arms.
- They should first go downward, then backward, upward and finally forward.
Stage Three – Flight
- To delay landing too early, thrust both legs outward in their extended position, and drive your hands down.
- This will thrust your shoulders and head forward.

Stage Four – Landing
- On landing, bend your knees and move your upper body forward as you hit the sand.
- To get a longer jump and prevent yourself from falling backwards, lean to one side as you land, using one elbow for balance.
- After landing, remember walking back through the sand pit will get you disqualified in a competition.

Lightning speed, an accurate take-off and an explosive spring is the secret to great long jumping.

Pre-Season Conditioning
- Warm-Up
  - Jog 2-3 laps
  - Leg swings
- Stretching 20 min.
  - Hurdle stretch
  - Butterflies
  - Hamstring
  - Secretary
- Sprint Drills
  - High knees
  - Butt kicks
  - Carioca
  - Alternate Fast Leg
- Weight Training
  - 4-5 sets, 10-15 reps
  - Squats
  - Cleans
  - Step-Ups
These are some of the techniques that can be used during a typical practice. These techniques will help to increase the jumping height, flexibility, and strength which will lead to better jumps. However, these techniques should not be done daily. The jumper needs at least 48 hours of recovery time.

Runway work:
- Standing jump
  - Stand at the edge of the pit then jump in
- 3 Step Take-off
  - From the board take three strides into the pit
- Pop-up
  - From the board take three strides, then jump into the pit

Jumper’s Mistakes
- Jumper stutter-steps and takes off on the wrong foot and looks down at the board
- Jumper is not getting any height in the jump stays close to the ground
- Jumper is not extending and moving arms and legs during flight
- Knees too stiff on landing

Corrections
- Practice the approach the same way with more drive
- Increase drive and make sure body is not angled forward
- Make sure take-off leg is fully extended so the jumper is getting height
- Relax knees and hips before landing

Questions?
References:
www.bbc.co.uk/sport1
www.coachseducation.com/horiz/Ij1
Publisher

Have a Great Track Season!