

Long Jump Skills



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This presentation will cover and help all coaches understand:

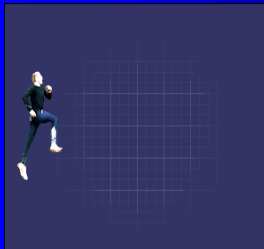
- Basics of long jump
- Pre-season conditioning
- Practice techniques
- Jumper's mistakes



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Basics of Long Jump

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



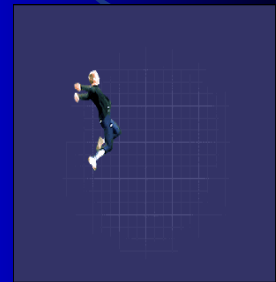
Stage One - Approach

- 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 hit 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.

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Stage Two – Take Off

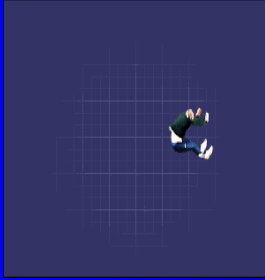
- It is important to help force your body through the air by circling your arms.
- They should first go downward, then backward, upward and finally forward.



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Stage Three – Flight

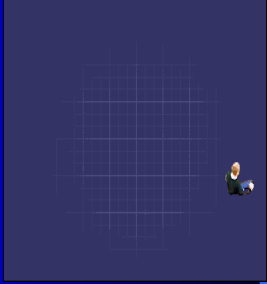
- To delay landing too early, thrust both legs outward in their extended position, and drive your hands down.
- This will thrust your shoulders and head forward.



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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.



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



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Pre-Season Conditioning

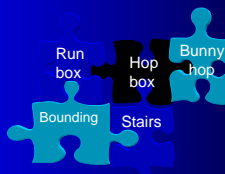


- Warm-Up
 - Jog 2-3 laps
 - Leg swings
- Stretching 20 min.
 - Hurdle stretch
 - Butterflies
 - Hamstring
 - Secretary
- Sprint Drills
 - High knees
 - Butt kicks
 - Carioca
 - Alternate Fast Leg
- Weight Training
 - 4-5 sets, 10-15 reps
 - Squats
 - Cleans
 - Step-Ups

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Practice Techniques

- 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.



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Practice Techniques

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



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Jumpers Mistakes

Mistakes

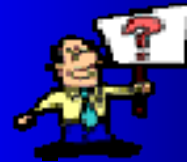
- Jumper stutter-steps and takes off on the wrong foot and looks down at the board
- Jumper is not getting any height in the jump stays close to the ground
- Jumper is not extending and moving arms and legs during flight
- Knees too stiff on landing

Corrections

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

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Questions ?



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Have a Great Track Season!

References:

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