

2009 ITCCCA CLINIC
Coaching 101 - Jumps
John Nalley and Chaille Gleason – Palatine High School

Season

Indoor Season 8 Weeks (February 2 – March 28)

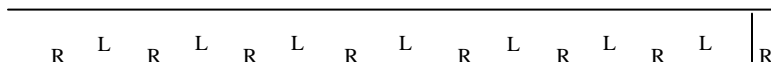
- Long / Triple Jump - Approaches 2 times per week in hallways (After School)
Pop up drills into HJ/PV Pits off of 9” box once per week
- High Jump – One Morning per week before school (6-7:30 AM)
- Pole Vault – Two Mornings per week before school (6-7:30 AM)
(No Spikes indoors – unless allowed at an occasional meet)

Outdoor Season 7 Weeks (March 30 – May 16 (Girls Sectionals / Boys Conference))

- Long / Triple Jump – Approaches – once per week on runway, once per week on track
Short Approach Drills once per week if 2 meets – twice per week if 1 meet
- High Jump – Approaches twice per week, Short Approach Drills same as LJ/TJ
- Pole Vault – Twice per week

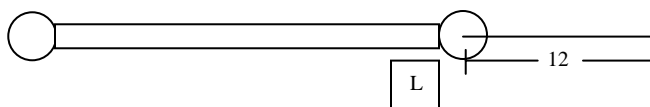
Approach Tips for Long Jump / Triple Jump

1. Rocker Step to start – with take-off foot (raise hand of take-off leg to remind me).
2. Never use run-backs – I always start beginners at 80 and make adjustments – 14 strides to begin with (counting 7 steps on take-off leg)
3. Never adjust steps on the first two run-throughs, limit run-throughs to 4 (5 only if absolutely necessary). Looking for consistency more than accuracy.
4. Start by shooting for the middle of the board – always take jumps in meets – don’t bail out on fouls or stutter coming to the board.
5. Spikes for run-throughs as much as possible. (flats for drills)
6. If they close the runway and athlete has not had run-throughs or steps just aren’t working – lay out a tape measure on the track.
7. Tip picked up from Kurt Hasenstein (Glenbrook South) – if board is worn out in middle, put steps down the side of the runway and jump from side of board. Right foot/Right side.



Approach Tips for High Jump

1. Rocker Step
2. I start all jumpers at 12’ out and between 35’-50’ back – 8 to 10 strides (then adjust)
3. Never allow athlete to take full jump until steps are consistently in “box” (Safety)
4. Aim for square area arms length away from crossbar, just inside standard



Long Jump / Triple Jump Combination

1. Try to use opposite take-off legs for the two events
 - a. Condition body for different approaches / take-offs
 - b. Last phase of TJ is same leg / action of LJ
 - c. Develop athletes
2. Meets
 - a. Early in season (indoor) – alternate meets and don't jump in both events
 - b. Outdoor season – if jumping in both events, limit efforts for better jumpers
 - c. Freshmen – I usually don't jump freshmen in TJ until they have a month of practice and I see they have good landing skills (from phase to phase).

Practice Drills - FLATS

1. Finding Jumpers
 - a. Jump Decathlon (<http://www.brianmac.co.uk/jumpsdec.htm>)
 - b. Bounding / Hopping / Rhythm Drills (pay close attention)
2. Proper Landings for drills need to be taught
 - a. Slight heel first then rolling onto ball of foot / toes
 - b. Can't land on ball of foot (no stability / ankle sprains)
 - c. Only correct if definitely ball of foot striking first
 - d. Start with no barriers, move to mini-hurdles, flat ground (mats?)
 - e. Make sure to work on cycle action of leg – avoid straight leg action
3. Take-off drills (PV, LJ, HJ)
 - a. Rhythm of last three steps to work on take-offs – repetition
 - b. Pop ups into Sand or HJ/PV Pits using this rhythm
 - c. Use both legs all of indoors and first two weeks of outdoor season
 - d. Usually 3 off of each leg during this time
4. Weight Room – non-impact drills
 - a. “Chailles” (Video)
 - b. Step-Ups (Drive Leg)
 - c. Calf-Raises
 - d. “Johnstons” – for High Jump (Demonstration)
5. Pool – non-impact drills
 - a. Bounding – TJ
 - b. Lay-outs – HJ
 - c. Pool Vaulting – PV
6. Rhythm Drills - demonstration
 - a. 3-step drill (PV, HJ, LJ) – simulate take-offs
 - b. Series of Hops and Bounds (Mix and Match)
 - c. Ground, Mini-Hurdles, Boxes (9’’)
 - i. Box – Step Up / Hop Down
 - ii. Box – Hop Up / Step Down
7. Warm-Up Drills (Attached)
 - a. Triple Jump Lunge Walk
 - b. Before Competition
 - c. Used as practice sessions many times
 - d. Modify according to athlete (number of events / age of athlete)

Triple Jump Competition Warm Up

1. 8 minute warm up run (last 2 minutes faster pace)
2. 10 minutes dynamic warm up
3. From Drills (grass or track)
4. 4 x 60 Strides (grass or track)
5. 3 – 4 Run Throughs (on runway)
6. 2 x 5 Hops – Right Leg (grass or track)
7. 2 x 5 Hops – Left Leg (grass or track)
8. 2 x 10 Bounds (grass or track)
9. 3 x Hop – Hop – Step (into Pit)
10. 3 x Step – Jump (into pit)
11. 3 x Hop – Step – Jump (into pit from short approach)
12. COMPETE!
 - a. Keep head up
 - b. Throw arms out on hop and step
 - c. Keep knee up with foot under knee on step
 - d. Strike with heels and roll up quickly
 - e. Reach up and extend during jump phase

Long Jump Competition Warm Up

1. 8 minute warm up run (last 2 minutes faster pace)
2. 10 minutes dynamic warm up
3. From Drills (grass or track)
4. 4 x 60 Strides (grass or track)
5. 3 – 4 Run Throughs (on runway)
6. 3 x Knee Drive Pop-ups (into pit)
7. 3 x Knee Drive and Extension (into pit from jog up)
8. 1 x Jump (from half of approach distance)
9. COMPETE!
 - a. Keep head up
 - b. Drive knee up hard (like drills)
 - c. Reach up and extend during the jump phase