



Established 1857

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Donald Mosely Biography

Donald Mosely is starting his eighth season as the horizontal jumps coach at Bloomington High School. During his tenure, B.H.S. has qualified numerous jumpers for the state meet with two of them earning All-State honors. A 1996 graduate of Bloomington High School, Coach Mosely's guidance has assisted in taking the jumps and the sprints to another level.

During his impressive career as a student athlete, Mosely earned numerous accolades. At B.H.S. he was coached by current Head Coach John Szabo and earned All-State honors both his junior and senior years. He still holds the school and area record in the triple jump with a distance of 48'2 1/4". Following graduation, Mosely continued his track & field career at the University of Minnesota where he earned two All Big Ten honors. He also finished in the top ten in each of his years in the Big Ten Championships. Donald currently holds the fourth best all-time triple jump at the University of Minnesota. During his senior year he was named a team captain and a scholar athlete. His personal bests are 49'3 in the TJ and 21'7 in the LJ.

Coach Mosely teaches the students in the Special Education Department at Bloomington High School. He is the proud father of three beautiful children Brein 10, Deonte 8, and Ciara 6.

Any information please call (309) 828-5201 or e-mail at moselyd@district87.org

Drills

- Single Leg bounding (R, L)
- Alternate legs 20 – 40 meters
- Break down Phases (hop, step, jump phases)
- Work on upper body positioning
- Railroad tracks (hips, ankle, shoulders)
- 90 Degree positioning
- Use of pits (high jump and or pole vault)
- Use grass more than track surface – save legs (shin splints)
- Indoor mats, mirror, videotape, etc..
- Short approach 6-7 step approaches, work hard on phases
- Standing triple jumps (once mastered move back 2 to 3 ft back)
(Example starts 20 ft away then move back)
- For your more experienced jumper shorter approaches longer distance

Triple Jump

The triple jump, which probably puts more stress on an athlete's body than any other field event, comprises of 4 phases: approach phase, hop phase, step phase and the jump phase.

New athletes

Start with the basic movements by having your athletes Hop, Step and then Jump from a standing start. The take off foot should be the athlete's strongest leg as it will be used in the Hop and the Step phases.

Teach the hop phase by having the athlete do:

- a walking single leg hop
- then incorporate the circling action of the hop leg
- then multiple single leg hops with a circling leg, flat landing, and upright posture

Consecutive bounds duplicate the step and jump actions and the athlete should do these with a double-arm action and land full footed.

Combine the three phases of the jump by starting with Hop and Step combinations on grass and then add the Jump phase. Emphasize carrying the momentum from one phase to the next with an even rhythm for each phase. Once the jump phases have been put together, slowly add steps to the run up in accordance with the athlete's ability to control speed.

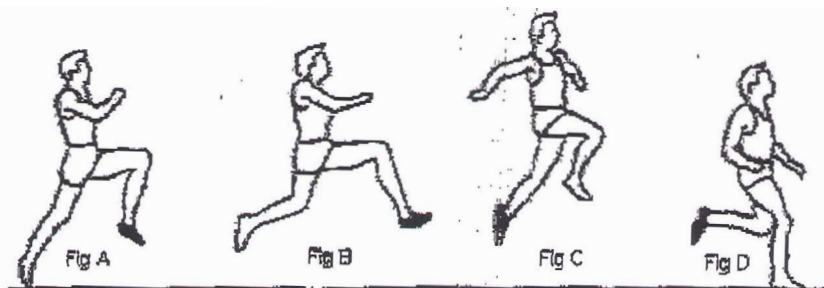
As in the long jump the athlete's eyes should be focused beyond the pit for the entire jump.

The desired distance of each bound should be - Hop 35%, Step 30%, and Jump 35% of the total jump.

Approach Phase

The approach run for the Triple Jump is similar to that of the Long Jump and the objective is to create the greatest amount of speed that can be controlled throughout the triple jump hop, step and jump phases. The athlete's strength and technique will determine the optimal run up distance and speed.

The Hop Phase



Coaching Points

- The take-off leg is fully extended (Fig A)
- Drive leg thigh should be nearly parallel to the ground at take-off and the foot relaxed (Fig A)
- The foot of the take-off leg is then pulled to the buttocks (Fig B)
- The drive leg rotates from in front of the body to behind it (Fig B-C)
- Take-off leg begins to pull forward (Fig C)
- As the thigh of the take-off leg reaches parallel, the lower portion of the leg extends past the knee, with the foot dorsiflexed (Fig C)
- Once the leg is extended, the athlete then forcefully drives the leg downwards, setting the athlete up for an active landing (Fig D)

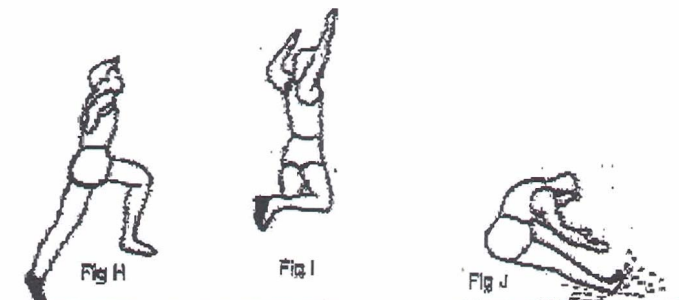
The Step Phase



Coaching Points

- The take-off leg is fully extended with the drive leg thigh just below parallel to the ground (Fig E)
- The take-off leg stays extended behind the body with the heel held high (Fig F)
- The drive leg thigh is held parallel with the ground, lower leg vertical and the toe dorsiflexed (Fig F)
- The drive leg extends with a flexed ankle (creating a long lever) and snaps downward for a quick transition into the jump phase (Fig G)

The Jump Phase



Coaching Points

- The take-off leg (the drive leg in the previous phases) is extended forcefully upon contact with the ground (Fig H)
- The free-leg thigh driving to waist level (Fig H)
- The arms drive forward and up - the torso should be held erect with the chin up and eyes looking beyond the pit - the legs move into a hang position with both thighs directly below the torso, legs bent at the knees - the arms are extended overhead to slow rotation with the hands reaching for the sky (Fig I)
- The arms then drive forward - the legs swing forward - position held until the heels hit the sand when the knees collapse, the hips rise and the athlete slides through the sand (Fig J)

Arm Action

The use of a single or a double arm action at take off depends on the athlete's preference - the double arm action provides more power.

Single arm action

- The arm opposite the free leg drives forward and up to shoulder level
- The angle at the elbow should be between 80 and 110 degrees

Double arm action

- The lead arm crosses slightly in front of the body on the penultimate step of the approach phase
- As the take-off step is initiated, the arm pauses next to the body rather than swinging behind as with a normal stride
- As the take-off foot contacts the ground, both arms drive forward and up to shoulder height
- The angle of the arms at the elbows will be greater than 90 degrees in order to create a more powerful impulse forward