

TRIPLE JUMP

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TRIPLE JUMP

How Can I Spot A Successful Triple Jumper?



“Triple jumpers must possess above-average ability in sprinting and jumping, and at the same time possess powerful muscles and good motor skills.”

TRIPLE JUMP OUTLINE



- APPROACH RUN
- HOP (1st Phase)
- STEP (2nd Phase)
- JUMP (3rd Phase)
- DRILLS

Approach Run

“The Key To Any Good Jumping Event”



- Approach should be 14-20 steps depending on the athlete's ability.
- Force application predetermines what happens in the air.
- Develop momentum
- Every step should contribute to horizontal movement to the take off board.

APPROACH PHASES

- Drive Phase
- Acceleration Phase
- Transition Phase

Examples:

If you take 15 steps the count is 6-5-4

If you take 16 steps the count is 6-6-4

If you take 17 steps the count is 7-6-4

DRIVE PHASE

- Decide on an even or odd stride pattern
- Standing start increase consistency and usually has less error
- Forward body lean (Simulating a sprinter out of the blocks)
- Eyes level and down
- Body gradually becomes erect
- Driving of the knees with the feet driving back into the runway
- Foot should remain dorsi-flexed
- Straight alignment with head, spine, and pelvis should be maintained
- Increase stride frequency with each step

ACCELERATION PHASE

Acceleration should be made into a tall running posture. (Not leaning forward/backward)

Good vigorous knee lift with the lower leg pushing downward to extension

Continued increase in stride frequency without breaking posture

TRANSITION PHASE

- 4 strides to this phase no matter the total number of strides
- Preparation for the jump
- Fastest steps occur here! Continued acceleration with no chopping
- Beware of deceleration!
- Run off the board. No penultimate step as in the long jump (no lowering of the body)

ACCURACY IN APPROACH

CHECK MARKS:

- ATHLETE CHECK MARK: FIRST STEP
- COACH'S CHECK MARK: FOUR STEPS BACK
(27-32 FT. MEN) (24-29 FT. WOMEN)

COACH'S MARK INFORMATION:

- ✓ ON CHECK, OVER BOARD - LENGTHING OF LAST FOUR STEPS
- ✓ OVER CHECK, OVER BOARD - MOVE BACK IF THE REST OF THE APPROACH IS PROPER
- ✓ ON CHECK, BEHIND BOARD - ATHLETE IS NOT MOVED UP, BUT COACHED TO ATTACK THE BOARD. (PROBABLY DECELERATING)
- ✓ BEHIND CHECK, BEHIND BOARD - MOVE ATHLETE UP OR ADJUST THE BACK OF THE RUN (DRIVE AND ACCELERATION PHASE)

REMEMBER, POSTURE IS CRITICAL IN THE APPROACH

APPROACH MISTAKES

- POOR RHYTHM
- BOUNDING OUT BACK
- 3. RUNNING TO HARD DURING DRIVE PHASE
- 4. DECELERATION
- 5. REACHING FOR THE BOARD

PHASE 1: HOP PHASE

- Objective: Forward motion, not upward motion
- Takeoff foot slightly in front of hips and foot is flexed for heel rollover.
- Takeoff heel is cycled up under the butt and back so upper leg is parallel to the runway
- Hop leg with prepare for a flat foot landing to accommodate the step phase
- "Free drive knee drive up, back, and up to achieve a parallel position with the upper leg
- Single, Double, Combination arm action can be used



Coaching Point: Common mistakes include: Too high of a hop which causes braking, and landing on the toe instead of heel for ineffective rollover.

PHASE 2: STEP PHASE

The most difficult phase!



- Transition from one foot to the other foot (Free hop leg becomes the step foot)
- Erect body posture
- Lower leg can be positioned slightly ahead of the knee, or extended out in front (Foot flexed and upper leg is parallel to the runway)
- Leg extends at the last moment contacting flat and under the pelvis. (This allows the upward motion of the jump phase)

Coaching Point: Common mistakes of the step phase include: Not driving the knee to parallel, Reaching with the foot instead of driving the knee, Landing toe first, and shoulders not square

PHASE 3: JUMP PHASE



- Jumping action similar to the long jump
- Jumper must explode as high as possible
- Arms drive upward then sweep down, lower body extends up and out to prepare for landing
- Athletes normally execute a “hang” style of jumping since there is not enough time to employ a “hitch kick” method

Coaching Point: Common mistakes include: Over rotation of the body, looking down, and reaching during the step phase. (This kills your athlete's jump)

Arm Action (3 types)

- Single Arm Action (A running motion off the board)
- Double Arm Action (Driving both arms simultaneously from hips to chin level)
- Combination (Single arm usually incorporated in the hop, and the double during the step)



Arm action can effect forward movement

REMEDIAL DRILLS

- *Power skips: For height - heel lead, rolling contact w/foot, do not reach, posture good, proper foot contact.
- * Run-run-jump: proper posture proper foot contact, cycle in air on jump
- * Hurdle jump: posture, foot placement, do not sit, step-step-jump (cycle in air on jump)
- * 3 continuous double leg jumps into sand landing
- * Standing triple jump into sand (cycle in air prior to landing)
- * RRLL: same
- * RRLRRLL: same
- * ALB, SLB begin to cover more distance
- * Standing long jump – land
- * Standing long jump – land, squat
- * Standing long jump – land, squat, butt to heels (Then put all together)
- * Foot extension hops – heel roll over – cycle into sand – progress so that good displacement occurs
 - * Single leg foot extension hops
 - * Alternate leg hop
 - * RRLRRLL
 - * Lateral single leg hops – right and left

DYNAMIC DRILLS

Explosive Exercises!!!

- * Static Dynamic Skipping
- * Double leg bounds
- * Standing triple jump
- * Single leg bounds
- * RRLRRL or LLRLLR
- * RRLRL or LLRLR
- * RRRLRR or LLLLLL

Coaching Points: Keep focus on forceful arm action, heel rollover, and good posture

BOX DRILLS

- Single leg hop drills (3 boxes)
- Single leg step drills (3 boxes)
- Landing drills (1 box)

SAND DRILLS

(BAREFOOT DRILLS IN THE JUMP PIT)

- *Mountain Climbers
- *Squat Jumps
- *Sumo Jumps
- *Side/Side Jumps
- *Up/Back Jumps
- *Nigerian Hops
- *Jumping Jacks
- *Lunge Jumps
- *Nordic Trak

SAMPLE EARLY SEASON WORKOUT

Monday: Remedial jumps drills, sand drills and approaches, running with the sprinters/hurdles, strength training, core strength and balance

Tuesday: Bounding drills, landing drills, box drills, and plyometrics, hill running or bleacher runs, medicine ball and Swiss ball training

Wednesday: Approaches, short approach phase jumps, run with the sprinters, strength training

Thursday: Full approach and jump, assistance/resistance running,

Friday: Pre meet workout – warm up good, 3 approaches, 3 phase jumps

SAMPLE MID SEASON WORKOUT

Monday: Remedial jumps become more dynamic, sand drills more explosive, approaches work on consistency, 1/2 sprinters workout, lower body weights more dynamic and explosive incorporate plyometrics w/lifts, continue with medicine ball and Swiss ball core training

Tuesday: Bounding drills more specific to triple jump, phase jumping with boxes, hill running or bleacher runs, upper body weights more dynamic and explosive, incorporate upper body plyos with medicine ball with lifts.

Wednesday: Approaches, short approach phase jumps, 1/2 sprinters workout

Thursday: Full approach and jump, sled pulls, parachute runs, weighted vest, low hurdling, 1/2 sprinters workout

Friday: Pre-meet workout: warm up good, 3 run approaches, 3 phase jumps

SAMPLE LATE SEASON WORKOUT

Monday: Approaches, 1/2 the sprinters workout, speed weights for lower body, core strength and balance

Tuesday: Speed bounds, short approach phases, work total jump, rhythm running simulating approach, speed weights for upper body, core strength and balance

Wednesday: sprinters workout

Thursday: Full approach and jump.

Friday: Pre-meet workout : Warm up good, 3 run thrus, 3 phase jumps

** References: [USA Track and Field Coaching Manual](#).

** Pictures from Google Image Search

** "Boo" Schexnayder – jumps guru from LSU
