How to Improve all Three Phases of the Triple Jump
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**APPROACH**

**The Length of the approach will be dictated by several factors.**

1. Running Mechanics
2. The Ability to accelerate
3. Strength
4. Speed

**Objectives**

**UTILIZE ALL OF THE BOARD**
Takeoff foot as close as possible to the front edge of the board

**CONTROLLED HORIZONTAL VELOCITY**
Too much speed and the athlete cannot execute the proper technique

**CORRECT BODY POSITION**
Achieving proper angles to maximize the change to vertical velocity

**The Approach**

Amortization and Take Off
The last 2 count steps of the approach will determine the distance and the end result of all three phases. These are flat on the foot.

If the athlete attacks the board and turns over this will put the take off foot closer to the center of mass resulting in a better run off and more horizontal velocity and a longer jump. If the jumper slows down the athlete will lean back and the take off foot will be further away from the center of mass resulting in a high hop phase.

**Bad Take off**
**Good Take off**

**HOP**

Focus on pushing off board. NOT JUMPING.

**Impulse**

Get complete extension of take off leg.

Body position and speed at take off will determine the parabola.

Attack the Board. an increase in stride frequency in the last 4 strides.

Foot placement on the board is just slightly ahead of the center of mass. This will keep the parabola at a low angle.

Knee drive perpendicular to torso.

When cycling through with the swing leg. Try to make it a long lever, countering rotation.

Arms come back in preparation of contact.

Full extension, dorsiflexed active foot. Trying to maintain horizontal velocity.

Start and end of hop on the whole foot *active*.

**STEP**

Length of step phase will be greatly proportional to the parabola of Hop phase.
Arms will also be affected trying to either stop rotation or being used effectively to improve the jump, ultimately staying back full ready for impact.

Full extension of take off foot.

Swing leg goes to perpendicular with torso.

Hold this phase.

Lower leg comes back slightly in preparation of contact. This will force the jumper to be active at take-off.

Arms come back long and close to the torso. Countering rotation.

Start and end of hop on the whole foot.

STEP

STEP

JUMP

The length of the jump will also be a direct result of the body position at take off. The jump phase will also be adversely affected if the take off foot is too far away from the center of mass.

Length of levers will determine amount of rotation.

Foot strike needs to be out in front of the center of mass converting to a higher vertical jump

Full extension of leg

Head does not drop with arms. Utilize a focal point

Feet come through close to the butt.

Let the pit come to you - don’t reach for the pit.

Active arms long backward swing. Achieves two important advantages.

–Counteracts forward rotation.

–Prevents the jumper from falling backward.

HOP

4. Plyometrics

Classical plyometric exercises include various types of jump training and upper body drill using medicine balls

Powerful movement using a pre-stretch or counter-movement that involves the stretch shortening cycle

Contacts per week (includes double leg)

Beginner 50-80

Intermediate 80-100

Advanced 100-140

Recovery may require greater time periods due to the stressing of the nervous system

Example Exercises

A. Single Leg

Right-Left-Right-Left

3 Hops

Hurdle Jumps 3 Step

Split Jumps

Right-Right-Left

Right Right-Left Left
Jump Rope
Hurdle Hops Double Leg
Hurdle Jumps On Corner
Squat Jumps
Double Leg
Bench Hops
Hurdle Hops
Single Leg
Ankle Bounds
Split Tuck Jumps
Hop- Hop- Step- Step- Step- Hop
Standing Long Jump
Hurdle Jumps 1 Step
Tuck Jumps
Squat Jacks

**Responsibility as coaches**