

# Teaching the Triple Jump

By: Travis J. Geopfert, University of Arkansas

## 1. Build a Base

### Things to do

Running- Modified versions of sprint workouts.  
Lifting- Olympic Lifts, Core Strength, Eccentric Strength.  
Plyometrics- Teach how to bound. Bounding Routine!

### What to Watch

Good mechanics, Running relaxed, Hips up.  
Correct technique!, Develop abs, low back.  
Good posture, hips up, knee-drive, "H&H".

## 2. Triple Jump Drills

### Things to do

Bounding Routine. Bounding is triple jumping.  
Standing Triple Jump. RRL-Together or LLR-Together.  
2 meter run-up into RRL-Together or LLR-Together.  
5 meter run-up into RRL-Together or LLR-Together.  
10 meter run-up into RRL-Together or LLR-Together.  
Hop phase into sand. (Ex. Hop off R-cycle-land R in sand).  
Step phase into sand. (Ex. RR and land split in sand).  
Standing long jumps into sand. Working on active landing.  
Bound, Bound, Bound, Jump into sand.  
Bound, Bound, Bound, to low box jump. (Advanced )

### What to Watch

On grass, active-phases, keep speed. "H&H"  
Rhythm, Posture, Smooth & Relaxed.  
Maintain horizontal velocity, Arm-action.  
Running off initial take-off, Level hips.  
Smooth transitions, Foot strike under C.O.G.  
Thigh parallel, Knee-up/Heel-up/Toe-up.  
Thigh high and hold, Torso upright.  
Knees and chest together. Pull butt to heels.  
Maintain velocity, Posture, Active landing.  
Not for novice jumpers. Leg drive, Posture.

## 3. Developing an Approach

### Things to do

Blind 5-step approach. Correct foot forward.  
Gradual acceleration, Count...Step 1...Step 2... Step 3...  
5-step to runway.  
Blind 7-step approach. Same as 5 now add 2 steps.  
7- step to runway.

### What to Watch

Start same spot, Use chalk-mark 5<sup>th</sup> step.  
Relaxed running, Rhythm, Progressively fast  
Same rhythm, Looks smooth, controlled.  
Max controllable speed, Hips tall, Rhythm.  
Stay under control!!!!!!!

#### 4. Bringing it all Together

- A. Athlete must be in good physical condition. It's important to strengthen ligaments, tendons, and muscles so the athlete can endure the whole season.
- B. Teach athlete how to bound. Stay on grass as much as possible.
- C. Master the standing TJ and then progress to the 2, 5, and 10 meter run-up jumps.
- D. Develop a relaxed consistent 5 step approach.
- E. Continue to develop 5 step full jumps until you feel athlete can handle more speed.
- F. Through this whole process athlete can be working on rhythm of full 7-step approach. Remember to use only maximum controllable speed. Athlete must be under control. You can do this without a take-off board. Rhythm is the main focus.
- G. When you feel comfortable with 5 step full jumps you can now progress to full approach.
- H. Remember your 7-step approach is just like the 5, only now the last 2 steps add a little more speed.
- I. I suggest working 1 phase at a time from full approach. Once a certain proficiency is learned, make the transition from one phase to the next.
- J. Points of emphasis: Use only maximum controllable speed in the approach. Focus on maintaining horizontal velocity. Focus on body position of each phase and not distance. With improved speed, strength, and mechanics the distance will come.
- K. As a coach remember to put emphasis on what the athlete does correctly and progressively eliminate weaknesses. The triple jump is a difficult event. Allow the athlete the time it takes to feel comfortable with each phase. In coaching the triple jump patience is a necessity. Take your time, good luck and have fun. If you ever have any questions, comments, or concerns I am more than happy to help in any way that I can. Thank you.