

# JUMPING EVENTS

# Long Jump

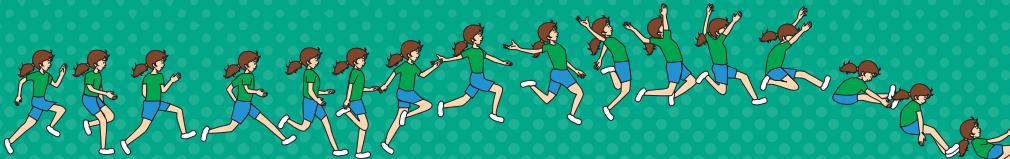
**AIM:** Long jump is about linking speed and lift together successfully.

## RUN UP:

- ⌚ Speed and consistency
- ⌚ Distance is approximately Age + or - 2 feet
- ⌚ Check the run up as wind or surface can vary the run up length. Adjust check marks as necessary
- ⌚ Jumper should always starts with same foot forward everytime
- ⌚ Accelerate gradually, reaching full speed over the last few strides
- ⌚ Good knee lift staying relaxed with forward vision

## TAKE OFF:

- ⌚ Plant take off foot flat on the board
- ⌚ Look straight ahead / trunk erect
- ⌚ Arms move vigorously at take off, in a continuation of the sprinting form
- ⌚ Punch lead knee up as fast as possible, keeping it bent



## COACHING POINTS

- ⌚ Aim is to jump UP
- ⌚ Do not reach for the board – this loses forward speed
- ⌚ Do not slow down on approaching board

## THE FLIGHT:

- ⌚ Keep lead leg up
- ⌚ Bring trail leg forward to meet it then shoot both legs forward
- ⌚ Keep trunk erect

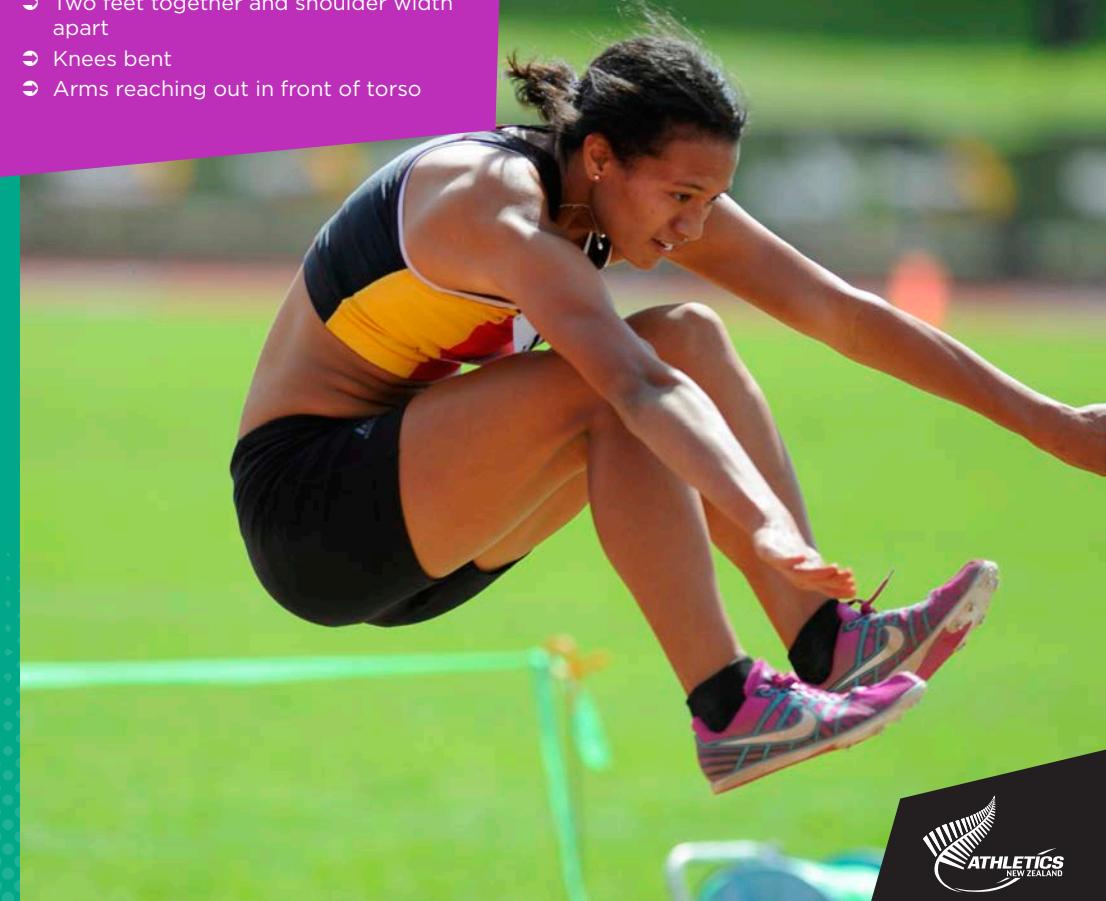
## THE LANDING:

- ⌚ Extend legs out in front as far as possible. Reach for the sand. Keep feet together
- ⌚ When landing bend knees and rotate forward over your legs
- ⌚ Give arms a vigorous swing forward on landing, to help you to rotate forward over your feet
- ⌚ Bend knees as heels touch the sand to avoid the bottom hitting the sand behind feet landing point and reducing jump measurement

## SAFETY



- ⌚ Keep the pit well dug
- ⌚ Keep the pit free of foreign objects
- ⌚ If a board is used, check that it is flush with run way
- ⌚ Make sure run way is level and firm



# JUMPS - LONG JUMP

# Activities

## Activity 1

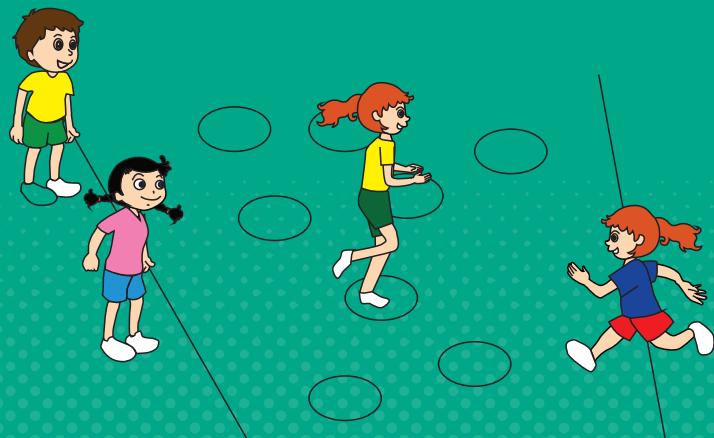
### HOP PITY HOP

**PROCEDURE:** Coach marks out an area: 20m x 20m (make it appropriate to the number of athletes involved)

Spread dots or markers inside the grid that the athletes will use to land on.

Athletes start outside of the grid, split into two teams facing each other on opposite sides of the grid. On 'go' the athletes must jump (one foot to two feet) across the grid to the other side trying to beat the other team across. Athletes can only jump onto the dots/marks and two people cannot be on one marker.

If an athlete misses a marker or lands on a marker that someone else is on then they have to start again and if they don't take off one foot and land two footed on the markers they have to go back to the start.



## Activity 2

### PRECISION LONG JUMP

**PROCEDURE:** From a 10m run-up area at the most, the athletes complete a long jump taking off from a defined area and landing within an object (e.g. hoop).

**EQUIPMENT:**

2x objects to use as take-off and landing markers e.g. hoops, mats, 1x long jump pit (not essential)

Defined run up area

Coaches place an object down to mark as the take-off area and another as the area that athletes aim to land in (make the distance appropriate to age and experience of the athletes).

Athletes take a 10m run-up at most and aim to take-off within the dedicated take-off area and land balanced in the dedicated landing area (make sure you give your athletes feedback on their technique-don't let the athletes compromise technique).

**Points are awarded to athletes for the following:**

- ⌚ 1 point: landed in target area but unbalanced
- ⌚ 2 points: two footed balanced landing in target area
- ⌚ 2 points: for taking off from within the defined area
- ⌚ 1 point: taking off from outside the defined area +/- 10cm
- ⌚ 3 points: for correct technique

**Grab some parents to help with:**

- ⌚ Control of the take-off area
- ⌚ Control the landing area
- ⌚ Count the points for each athlete
- ⌚ Score and record the scores on the event card
- ⌚ Rack the pit (if required)

**ADDITIONAL GAMES:**

Cross Hop (IAAF Kids Athletics)

Standing LJ (IAAF Kids Athletics)

**MORE BASIC TEACHING PROGRESSIONS**

Fundamentals of Jumping

- ⌚ 2 feet to 2 feet
- ⌚ 1 foot to 2 feet
- ⌚ Add in mini hurdle to develop height at takeoff
- ⌚ 3 step run up
- ⌚ 5 Step run up

**NB:** Use the width of the sandpit so two or three people can jump at the same time



# JUMPING EVENTS

# Triple Jump

**AIM:** To maintain speed and balance over three phases to achieve the maximum distance possible within the rules. It's all about the rhythm.

## RUN UP:

- ⦿ Start with the same foot forward everytime
- ⦿ Distance of run up is age + or - 2 strides
- ⦿ Look straight ahead; not up; not down at the board
- ⦿ Trunk is upright
- ⦿ Run relaxed, good knee lift and fast



## STEP:

- ⦿ Lead leg rises no higher than where thigh is parallel with ground
- ⦿ Trunk is upright
- ⦿ Vision is straight ahead
- ⦿ Landing is flat footed and quick with a 'down and back' action
- ⦿ Knee of travelling leg punches through, fast, to maintain speed and assist take-off

## JUMP:

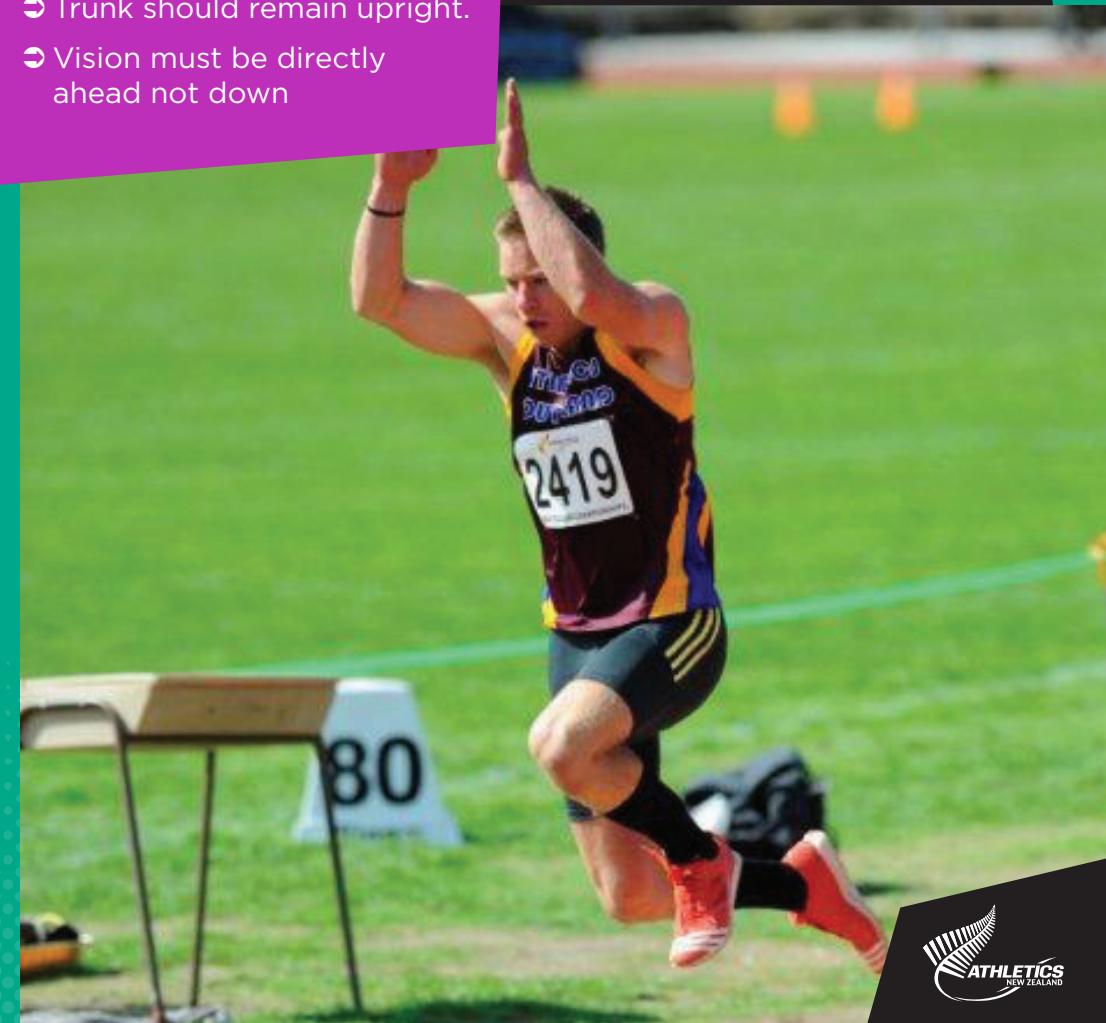
- ⦿ Vision straight ahead / trunk upright
- ⦿ Hold take-off position as long as possible
- ⦿ Bring trial leg up to meet lead leg
- ⦿ Extend leg forward in landing; feet together
- ⦿ Bend knees and rotate forward over feet when landing
- ⦿ Give arms a vigorous swing forward when landing

## COACHING POINTS

- ⦿ The essential feature of Triple Jump is to keep the phases FAST and LOW
- ⦿ Landings on each phase should be flat footed, fast and active
- ⦿ Trunk should remain upright.
- ⦿ Vision must be directly ahead not down

## SAFETY

- ⦿ Keep the pit well dug
- ⦿ Keep the pit free of foreign objects
- ⦿ If a board is used, check that it is flush with run way
- ⦿ Make sure run way is level and firm



# JUMPS - TRIPLE JUMP Activities

## Activity 1

### JUMPING COMBO

**AIM:** Jumping to rhythm, running and landing

**PROCEDURE:** Athletes start by walking around in a defined area and when they hear the whistle signal, they are to 'Hop, Step and Jump'.

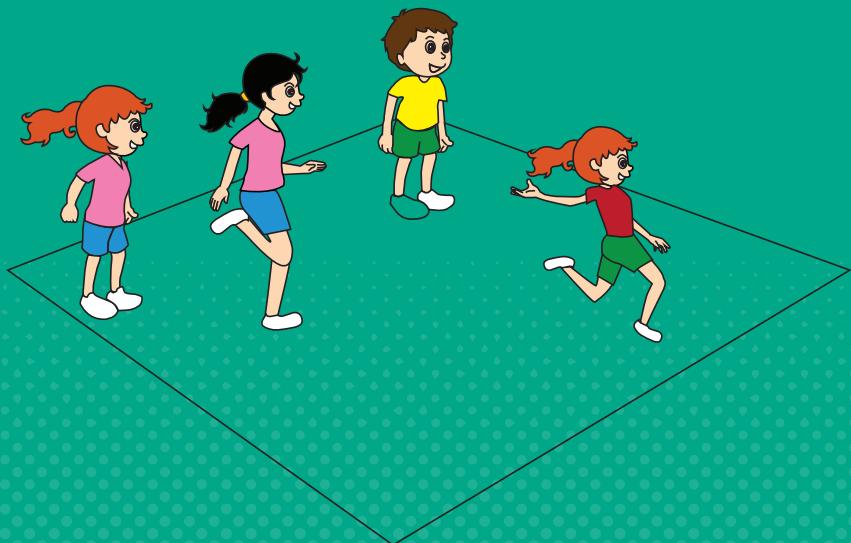
How do you gain more distance in your jump?

Why is it important to have a rhythm in this type of jumping?

#### MODIFICATIONS:

Gradually increase the speed running around an area.

Clap the phase to get the idea of a rhythm



## Activity 2

### LEAP IT

**AIM:** Single-foot take-off

**PROCEDURE:** Players move around, leaping from one foot and landing two footed, over a series of markers.

Players try to accumulate as many points as possible within a given time, e.g. 30 seconds.

**Points are accumulated as follows:**

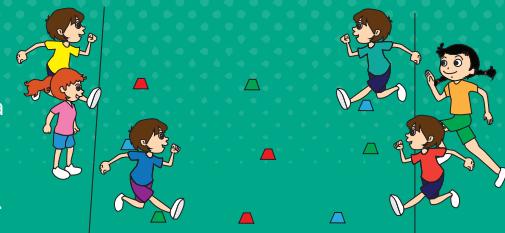
- ⌚ Green cones = 1 point
- ⌚ Red cones = 2 points
- ⌚ Blue cones = 3 points

Players take off from their opposite foot each time they jump.

#### MODIFICATIONS:

Increase the distance of the markers.

Add taggers: each time a player is tagged, they lose a point.



## Activity 3

### TRIPLE TROUBLE

**AIM:** The practice the hop, step and jump combination with a short run up

**PROCEDURE:** After a run-up limited to 5m, the athlete completes a triple jump (a hop, a step, a jump and a two-footed landing). There are three markers (Hoops or dots) in the pit or landing area. The closest marker is 1 point if the jumper lands in it, 2 points for the middle and 3 points for the furthest away. Double point are awarded for their hop, step and jump technique.

#### MODIFICATION:

Vary the distance on markers in the pit

Increase the distance of run up once they have mastered the hop, step and jump

#### Progressions

Learn to Hop 1 foot to 1 foot

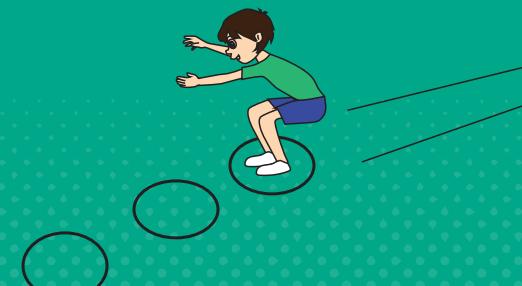
3 hops in a row

3 hops in a row for distance

Add the Step 2 hops followed by step

Hop Step Jump Set out even area (use hoops or cones)

Hop step and jump in each hoop



# JUMPING EVENTS

# High Jump

## THE SCISSORS

### AIM:

The scissors leads naturally into the flop – bad scissors habits become bad flop technique. It is important young jumpers learn and master the scissors before starting on the flop.

### APPROACH:

Measure a 5-stride run up – any longer is inefficient.  
Use a straight run up at 30 degree angle from the crossbar  
Ensure take off foot is in front of hip and hip is ahead of shoulder.  
Run and jump tall – keep hips high  
Develop an accelerating run up with feet rhythm of ONE ... TWO ... ONE-TWO-THREE. First two strides relaxed, final three fast.

### TAKE OFF:

Plant take-off foot naturally  
Try to jump straight up when reaching bar – not into the bar  
The leg closest to the bar is driven up and over the bar first  
The other leg follows – both legs go over in a scissor action over the bar

### LANDING:

Athletes should try to land on their feet. This encourages high hips which is needed in the fosbury flop.  
High jump is about going high so any activities that get athletes to practice jumping for height is going to be beneficial.



## COACHING POINTS

- ➲ Use a straight run up at 30 degree angle from the crossbar
- ➲ Leg closest to the bar comes up first
- ➲ Run and jump tall – keep hips high
- ➲ Try to jump straight up when reaching bar – not into the bar
- ➲ Kick leg closest to the bar in front of body (like kicking a footy) then second leg is also kicked up in front of body



## SAFETY

- ➲ Only use Scissors in sand landings
- ➲ Ensure take-off is firm



## THE FOSBURY FLOP

**AIM:** To achieve the highest jump possible within the rules.

### APPROACH:

Athlete is in control throughout run up, i.e. is not trying to go too fast and losing co-ordination and technique.

Run accelerates in pace.

Run up is "J" shape and curve retains the arc

### TAKE OFF:

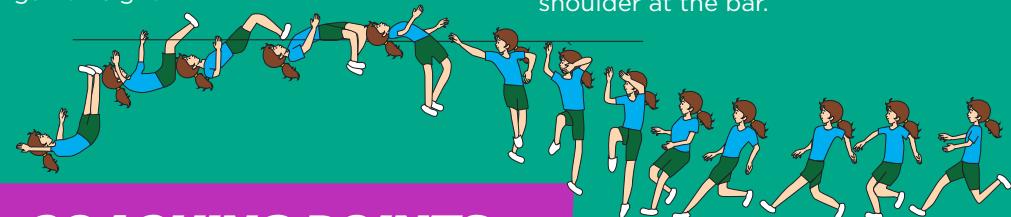
Take off foot must be ahead of knee and hip, with hip ahead of shoulders.

Take off foot should be pointing INSIDE the far upright, i.e. avoid having foot parallel to bar.

At take off jumper should be eyeing the far upright with eyes looking along the bar at clearance – do not look down at mat.

### FLIGHT:

Take off position is held as the body gains height.



## COACHING POINTS

- ➲ Only learn this once scissor jump has been mastered
- ➲ Run in tall with hips high
- ➲ Stay tall at the take-off and drive knee up high with take off
- ➲ Swing arms up when taking off to drive body up
- ➲ Make sure you jump up high, rather than into the bar
- ➲ Arch back and lift the hips up towards the sky as body is going over the bar
- ➲ Tuck the heels under the bar to lift the hips up as the body goes over the bar
- ➲ Land on the mat with top half of back/ shoulders



## SAFETY

- ➲ For Fosbury Flop use foam rubber landing areas; if these are modular they must be strapped together
- ➲ Ensure take-off is firm



Leading arm is fixed or reaches up, across and over the bar.

Hips are raised over the bar by arching the back and lowering legs and head.

Knees are spread to allow more body arch.

### CLEARANCE:

Head pressed down on chest.

Hips pushed up to form a bridge over bar.

Arms kept close to body.

Legs hanging down loosely.

### LANDING:

Head is drawn towards the chest.

Landing is on the shoulders and back.

Knees are apart for touch down.

### ARCHING IT OVER:

Standing with back to bar, the athlete jumps upward and backwards, arching the back to land on the shoulders on the cushion. The starting position is 2 pigeon steps (heel-toe length, i.e. length of foot) from cushion to heel. Look along shoulder at the bar.

# JUMPS - HIGH JUMP

# Activities

## Activity 1

### REACH HIGH

**AIM:** Jumping for height, scissor jump and space awareness

**PROCEDURE:** Balloons are suspended at various heights (on trees or sticks/poles or elastic string)

Get the athletes to spread out and start running around a designated area.

The coach calls out can you.... the athletes have to run towards a balloon and try to touch it doing the action the coach called out.

#### Actions:

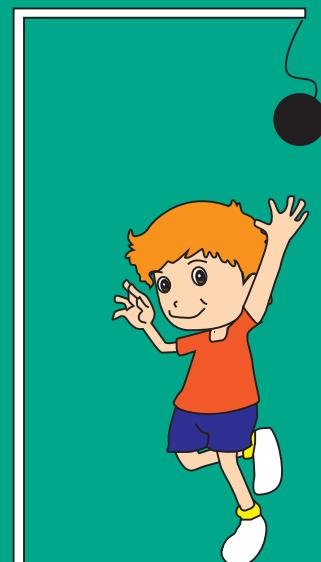
- ⌚ Take off on two feet and land two footed.
- ⌚ Take off on one foot and landing on the opposite foot.
- ⌚ Take off on one foot and land on two.

#### Questions:

- ⌚ Which type of jump gives you more height?
- ⌚ How do you land safely?
- ⌚ What happens if you use your arms while jumping for height?

#### VARIATIONS:

Add a ball and have athletes jump up catching a high ball.



## Activity 3

### SCISSOR RELAY

**AIM:** Acceleration, running, jumping, agility and coordination,

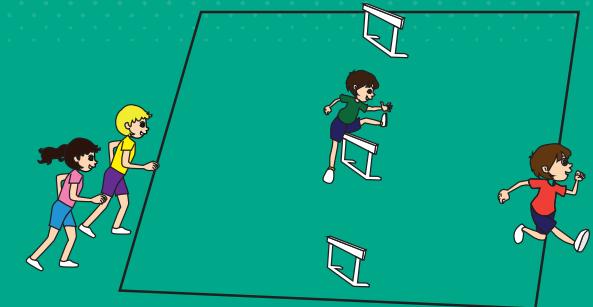
#### PROCEDURE:

In teams

Players sprint to the other side, jumping over their obstacle as they go- using a scissor jump action only. Sideways to the obstacle. The obstacle could be a hurdle or a stick set up on two cones.

Encourage athletes not to slow down before they clear each obstacle.

Balance the body after clearance to make a fast transition to running.



#### MODIFICATION:

Change the height of the obstacle  
Add more obstacles in

#### More basic teaching progressions

##### Practice scissors on the spot

- ⌚ Toes to the sky
- ⌚ Arm in front and up high
- ⌚ Scissor action 1 leg followed by the other (try to get both feet to the same height)



##### Practice scissors over a line

- ⌚ Closest foot goes over first
- ⌚ Which leg do you prefer to put over first.
- ⌚ 3 Stride run up with hoops at 30 degree angle
- ⌚ 7 strides starting at 30 degree angle
- ⌚ Land on feet (no or low mat when bar is under 1 m)
- ⌚ Progress to 'J' Shape run up