

ANALYZING AND COACHING THE TRIPLE JUMP

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Jonathon Edwards WR Jump

- ▣ [Triple Jump-Jonathon Edwards.flv](#)

Athletes

- ▣ 1. Strength a must! But this you can change.
- ▣ But must also be very athletic!
- ▣ 2. Look @ injury history. Very demanding on back, knees, hips, ankles, and feet. If bad history with these kinds of injuries, no chance.
- ▣ 3. Power over speed any day!

In the Beginning

- ▣ 1. This is a Rhythm event. They must feel this rhythm in "whole" concept before breaking it down. Whole-part-whole method
- ▣ 2. Constantly talk to my kids about kinesthetic sense and literally "listening" to their rhythm as they do drill work and go through learning progression.
- ▣ 3. I try to make as many of my LJ/TJ as possible work the hurdles as well.
- ▣ 4. One and two step walking approach on the track. (Would use turf if we had it! - don't like working on grass, too uneven)
- ▣ 5. Progress to chalk lines or marked target points, still from a walk up approach.

APPROACH

- ▣ 1. We are going to start with a 5/6 step (counting only one leg here)
- ▣ 2. Start mark but no target end point (board), just them counting their strides aloud.
- ▣ 3. After a few of these, I then ask them to plant their takeoff foot on the last stride lightly then run off of it so I can see how they approach that penultimate stride.

Approach Analysis

- ▣ 1. Posture - I want them running tall-hips high
- ▣ 2. Knee Lift- Proper sprinting form
- ▣ 3. Toe Position- If they can run with their toes up, hard to translate it to the 3 phases
- ▣ 4. Foot strike- Under the COG
- ▣ 5. Heel Recovery- up tight to butt - again this translates to the 3 phases.
- ▣ 6. Acceleration- Do they continue to increase all the way to the board - Too many don't!

Approach

- ▣ [Jonathan Edwards -approach only.fly](#)

TAKE OFF

- ▣ 1. Flat Footed
- ▣ 2. Foot Under COG
- ▣ 3. Leg Extension- If toe is off the board before the leg is extended, they are going up-not out
- ▣ 4. Hips should not be moving down.
- ▣ 5. Arms - Double arm or single arm action

1st Phase

- ▣ 1. Knee drives hard and cycles back to allow the takeoff leg to come forward and get into position. Too many lead the toe.
- ▣ 2. Lead leg needs to get long behind the athlete.
- ▣ 3. Takeoff leg recovers high to the buttocks then drives through to parallel.
- ▣ 4 Heel hangs behind the knee then extends.
- ▣ 5. Arms position to drive the takeoff. Again the arms should be long as they prepare to "punch"
- ▣ 6. Takeoff leg must be driving back, not down, as in a "pawing" action to insure angle of takeoff
- ▣ 7. Make sure upper body stays "upright" - if they bend at the waist, they crash on landing!

Edwards 1st Phase

- ▣ [Triple Jump - Jonathan Edwards - 1st phase World Records \(18.16m & 18.29m\) - YouTube2.flv](#)

2nd Phase

- ▣ 1. Phase 2 is difference between great jumpers and the rest of the jumpers in HS.
- ▣ 2. Look at drive leg extension again, want to see toe on ground till leg fully extends and hips are far in front of toe.
- ▣ 3. Foot of trail leg should pass the other leg about mid calf. Higher means less power.
- ▣ 3. Arm action - Dbl arm easier here than going into phase one.
- ▣ 4. Keep lead leg bent as long as possible, then paw to the ground.

3rd Phase

- ▣ 1. Angle of take off has to change to higher trajectory
- ▣ 2. Knee drive should be above the waist
- ▣ 3. Both arms should be driven up and forward - we want to elevate this phase.
- ▣ 4. Arms should be rotating overhead to slow down rotation of the torso.
- ▣ 5. Landing
 - Leg extension
 - Heels in the sand
 - Collapse the knees
 - Tuck and roll

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- ▣ [Slowmo-Triple Jump - Jonathan Edwards - World Records \(18.16m & 18.29m\) - YouTube2.flv](#)

Drills We Use

- ▣ 1. Single leg bounding = 3L / 3Rt
- ▣ 2. Alt Leg Bounding over bags
- ▣ 3. Combinations= (3hops-1step-jump)
- ▣ *4. Hop/step into sand
- ▣ *5. Bounding work on treadmill
- ▣ 6. Jump onto HJ pit- teaches them to get legs and feet up for landing.
- ▣ 7. Assisted landings in the sand to teach how to extend then tuck and roll.
- ▣ 8. Short approach work is 80% of our work.

SHHS Athlete

- ▣ [VTS_01_1.VOB](#)