Triple Jump
Drills & Techniques

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Coaching Journey
• I did not run track in high school
• Begin coaching track in 1993-94
• Had a lot to learn
• Still learning

Disclaimer
• I am no “expert”
• Fortunately to have GREAT kids
• This is how we try to do things
• Try to keep it simple
  – Don’t have time or coaches to be too complicated

Philosophy
• Track season is a process
• Train for the Regionals and State

Overview
• Triple Jump is very physically demanding
• Very technical event
• Goal is to keep force through all phases

Athlete I.D.
• Speed
• Strength
  – Legs
  – Core
• Flexibility
• Coordination
Coaching Points

Approach
- Takeoff
- Hop Phase
- Step Phase
- Jump Phase
- Arms / Posture
- Landing

Approach
- 12-18 steps
- As fast as possible / Under control
- Consistency / Hit marks
- Warm-Up

Approach Drills
- Start to 1st mark
- Start to 2nd mark
- Rhythm Runs
- Vary Starting Point
  - Must adjust while running to hit marks
- Pops

Takeoff
- Foot contact (strongest leg)
  - "Run through the board"
- Take-off leg fully extended
  - Upper body stays tall

Arms / Posture
- Alternate arm swing vs double arm swing
- Arms forward not up (except jump phase)
- Tall torso
- Head up

Hop Phase (1st)
- Hop leg cycle
  - Full extension behind
  - Be patient (let hip flexor cycle leg for you)
  - Should land slightly in front of center of mass
- Free leg cycle
  - Thigh almost parallel at take off
  - Cycle bent leg
  - 35% - 40% of your total distance
  - Differs athlete to athlete
Takeoff & Hop Phase Drills
- Run past the foot
- Swing leg parallel
- Drive leg cycles
- Hop with knee landing in sand or on mat

Step Phase (2nd)
- Where most young kids struggle most
- Set up by good hop phase
- “Be Patient”
  - Let the ground come to you
  - Maintain velocity
  - Quick off the ground

Step Phase Drills
- Hop / step with knee landing in sand or mat
- Alternate leg bounding (distance)
- 1 step into hop phase

Jump Phase (3rd)
- Tall at take off
- Must be set up with good 1st & 2nd phases
- Foot under body
  - Maintain as much velocity as possible
- Drive arms forward and up
- Drive Leg
- Tall in flight

Jump Phase Drills
- 1 step to jump
- “Weak Leg” long jumps
- Bound, bound, bound jump
- Low box jumps
Landing
- In Flight
  - Arms overhead
- Landing Transition
  - Arms down by side
  - Legs forward, toes up
  - Feet up until heels hit sand
  - Drive arms & hips forward
  - Collapsing knees, keep hip drop
  - Hips replace heels in sand
  - "GET YOUR BUTT DIRTY"

Walking phases

Landing Drills
- High Jump mat landings
- Low speed landings

General Drills
- Single leg hops
- Walking phases
- Bleacher hops
- Box Drops (double leg & single leg landing)
- Standing 2 leg start
- Standing takeoff foot start

Common Mistakes
- Foot too far in front
- Height of 1st phase
- No distance on 2nd phase
- Toe first landings
- Forcing leg cycles

Conclusion
- Consistent on the runway
- Maintain velocity
- One good phase leads to another good phase
- Coach one phase at a time
- Put it all together

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