

Boo Schexnayder

# HANDLING JUMPERS – MEET DAY MANAGEMENT

# Cue Systems - Where Practice and Competition Meet

- ⦿ Establishing Cue Systems
- ⦿ Using Familiar Cue Systems
- ⦿ Communication Rehearsal
- ⦿ Cue Types
- ⦿ Periodizing Cue Systems

# The Meet Plan – The Checklist

- ⦿ Task Specific Behavior
- ⦿ Runway Management
- ⦿ Cue Systems
- ⦿ Communication
- ⦿ Environmental Preparation

# Understanding Competition Trends

## ⦿ Great Jumps

- Adequate Technique
- Moderate Arousal

## ⦿ Average Jumps

- Mismatching Technique and Arousal

## ⦿ Poor Jumps

- Poor Technique
- Improper (High/Low) Arousal

# Applying Competition Trends to Coaching

- ⦿ Working for Two
- ⦿ Arousal Progression
- ⦿ Minimizing Technical Regression
  - Horizontal Jump Applications
  - Vertical Jump Applications



# The Meet Plan – Gross Issues

## ⦿ Early Season

- Runway Management
- Becoming Accustomed to Meet Intensities

## ⦿ Midseason

- Preparation/Takeoff Management
- Temporal/Spatial Cues

## ⦿ Late Season

- The Athlete's Competition – Bowling Bumpers
- Holistic Cues
- Predicting Where Failure will Come

# Communication

- ⦿ Clarity
- ⦿ Quantity
  - Limited Communication
  - Prioritization
- ⦿ Insuring Comprehension
  - Mismatched Arousal Levels
  - Double Checking
- ⦿ Questioning the Athlete

# Feedback Strategies

- ⦿ Qualitative Feedback
- ⦿ Quantitative Feedback
- ⦿ Fading
- ⦿ Self-Selected
- ⦿ Bandwidth
- ⦿ Summary



# Environmental Considerations

- ⦿ Surfaces
- ⦿ Winds
- ⦿ Other Weather Factors
- ⦿ Stadium Construction

# Runway Management

- ⦿ Anticipating Environmental Factors
- ⦿ Moving the Checkmark
  - Having a Plan and a Reason
  - Lets See What Happens is not a Plan
- ⦿ Handling Fouls and Misses
  - Real and Psychological Adjustments
  - Technical Issues
  - A Sense of Urgency

# Managing Emotions

- ⦿ Elevating and Dampening
- ⦿ Reacting to Success
  - Expectations
  - When to Stop
- ⦿ Reacting to Failure
  - Regrouping the Athlete
  - Technical Triage
  - Teaching Thought Control

# Jumps by the Numbers

- ⦿ The Horizontal Jumps

- 1-2-3-4-5-6

- ⦿ The Vertical Jumps

- Low Bars
- High Bars
- 1-2-3

---

# SAC

Schexnayder Athletic Consulting



---

**[www.sacspeed.com](http://www.sacspeed.com)**

**[bschex@sacspeed.com](mailto:bschex@sacspeed.com)**