Fixing the Second Phase

The Triple Jump Nightmare

Boo Schexnayder
The Step Phase

- Collection Point
- The “Check Engine” Light of the Event
- Cause and Effect Coaching
A Starting Point

- Step Phase Simplicity
- Evaluating the Step Takeoff Position
- Front Side Distance
- Common Errors
  - Too Much
  - Too Little
Evaluating Pelvic Alignment

- Neutral Position
- Position of Forward Tilt
Evaluating Pelvic Alignment
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Evaluating Frontside at Hop Landing

- Too Much Frontside
- Too Little Frontside
- Correct Frontside
The Hop Landing/Step Takeoff
The Hop Landing/Step Takeoff
Excessive Frontside Distance

- Appearance
- Symptoms
- Next Step – Evaluate Frontside/Shin Angle at Takeoff
  - Too Much Frontside/Obtuse Shin
  - Too Little Frontside/Acute Shin
  - Correct Frontside/Vertical Shin
Grounding the Takeoff Foot
Grounding the Takeoff Foot
Excessive Frontside at Board

- Next Step – Evaluate Frontside in Transition
  - Too Much Frontside – Correct Transition
  - Too Little Frontside – Never Happens
  - Correct Frontside – Premature Jumping & Sticking Out the Foot
Correct Frontside Distance at Board

- Next Step – Analyze Pelvic Alignment
  - Neutral Alignment – Premature Jumping
  - Forward Tilt – Poor Shin Angles in Transition, Incomplete Drive Phase
Insufficient Frontside

- Toefirst Landings
- Grounding Reflexes
Insufficient Frontside

- Next Step – Evaluate Pelvic Alignment Just Before Impact
  - Pelvis Neutral – Insufficient Elastic Response in Hip Flexors
  - Pelvis Tilted Forward – Knee Alignment Test
Developing Elastic Responses at Takeoff
Developing Elastic Responses at Takeoff
Insufficient Frontside

- Next Step – Evaluate Pelvic Alignment Just Before Impact
  - Pelvis Neutral – Insufficient Elastic Response in Hip Flexors
  - Pelvis Tilted Forward – Knee Alignment Test
Knee Alignment Test

- Mid-Hop Phase Position Evaluation
  - Knees Together
  - Knees Under Hips
Knee Alignment Test
Knee Alignment Test
Knee Alignment Test
Knee Alignment Test
Knee Alignment Test
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Knee Alignment Test

- Fail – Improper Limb Exchange in Hop
- Pass – Evaluate Pelvic Alignment Before Takeoff
  Foot Grounds
  - Pelvis Neutral – Poor Free Leg Movement at Takeoff
  - Pelvis Tilted Forward - Forward Tilt – Poor Shin Angles in Transition, Incomplete Drive Phase
Evaluate Pelvis Alignment Just Before Hop Phase Landing

- Pelvis Neutral – Poor/Flexed Swing Leg Mechanics
- Pelvis Tilted Forward – Never Happens
Leg Extension/Low Recovery at Step Takeoff
Leg Extension/Low Recovery at Step Takeoff