

Fixing the Second Phase

The Triple Jump Nightmare

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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



Evaluating Pelvic Alignment



Evaluating Pelvic Alignment



Evaluating Pelvic Alignment



Evaluating Pelvic Alignment



Evaluating Pelvic Alignment



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



Knee Alignment Test



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

Frontside Distance Correct

- 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



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