Basic Long Jump and Triple Jump

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Basics of the Long Jump
Learn How to Land Correctly

• Ques
  • Feet in Front
  • Reach past knees
  • Keep Toes Up
  • Knees to the chest
  • Heels into the sand first
  • Goal is to slide through the sand not “stick the landing”
Landing Drills
Landing Drills
Work on “In Air” Technique

• Arms Long
• Reach back and up
• Keep head and chest up
• Be patient, time movements to jump
Work on “In Air” Technique
Take-Off, Switch
Work on "In Air" Technique
Take-Off, Full Arm Action, Land Both Feet
Putting it Together
3 Step Jumps to HJ Pit then 3 Step Jumps to Sand
Putting It Together (Recap)

• Long Arms
• Reach back and up
• Head and chest up
• Be patient
• Reach past knees
• Heels into the sand
The Run and Take-off

• 3 Phases of Approach

1. “Drive” or “Push out of the back”
   • Build momentum
   • Establish rhythm
   • 2 or 3 Steps
The Run and Take-off

2. Build Speed
   • Transition from “drive” to upright running
   • Gradual build
   • Maintain rhythm
   • 3 or 4 takeoff steps
The Run and Take-off

3. Take-off

- *Flat, flat last two steps*
- *Penultimate step keeps slight bend in knee*
- Big arm drive/separation
- Knee drive
- Head up, chest up
Run and Take-Off Drills
Run and Take-Off Drills
Basics of the Triple Jump
Triple Jump

• 2 ways to do it
  • Double arm action
  • Single arm action
• Approach roughly the same as Long Jump
  • 3 Phases
Triple Jump

• Take-off angle lower than Long Jump
  • More drive forward off the board
  • More of a “Run” off the board
  • Big arm drive/separation
  • Knee drive
  • Head up, chest up
Triple Jump

• Cycle legs in the air

• “Jump into each phase”
Triple Jump Drills

- Landings
- Bounds on Turf/Grass
- First Phase into Sand
- Second Phase into Sand
- Second Phase Box Jump
Alternate Leg Bounds (Double Arm)
Alternate Bounds (Single Arm)
Single Leg Bounds
R-R-L-L Bounds
First and Second Phase into Sand

• Isolation Drills

• Focus on cycling in the air and getting arms in correct position for next phase
First Phase into Sand
Second Phase into Sand
Second Phase Box Jump

• Place a box or hurdle in middle of second phase for athlete to jump over
• Teaches athletes to “JUMP” into second phase instead of just swing the foot and step
Phase Transitions

• Need to stay balanced
• Set Up next phase before you land from previous phase
• Land on Flat Foot under the body to minimize “sinking”
• Minimize ground contact to maximize speed throughout the jump
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