



# Solving the Deceleration Problem in Horizontal Jumps

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So how did I get here?





## Horizontal Success

6 NCAA First Round Qualifiers

3 NJCAA LJ Champs

6 Runners Up

5 NJCAA Triple Jump Champs

6 Runners Up

4 Jumpers over 7.75m





Keys to Success:

RECRUIT STUD ATHLETES!

Best athlete=Best Long/Triple Jumper

What's the most important factor??????





Secret=SPEED!!

Long jump speed is predicated on limiting deceleration at the board.

Starts with building the run correctly.





Start Right

Walk In/Skip In vs. Standing Start

Either works.

Key is Consistency

Hit your marks.

Find something that works for you and stick with it.





Euro Run

Open

Less Turnover

Typically Longer

Easier to Control?

Sprint approach

Closed

More Turnover

Can work with shorter run

Easier to get feet underneath







Which is faster/better?

$V = SL \times SF$

Both work, key is consistency.

Either method can set up good acceleration patterns.

Good acceleration keeps deceleration at bay.



# Build a Solid House





A well built run has the following:

Great body position

Hip oscillation

Foot contact under the hips

Relaxed upper body





So what does any of this have to do with the title of my presentation?





Early mistakes lead to catastrophic deceleration.

Forward lean

Forward rotation

Poor foot placement

Weak acceleration





So what now?

## THE BOARD!

Where bad things happen

Foot in front

Body out of position

Slowing down





Start by making the **THE BOARD** into the board.

Treat the board as a midpoint.

Pit is your endpoint





Run through the takeoff.

Takeoff is an extended stride.

Height is created with the run.







Careful with drills/short approach

Moves that create good “feeling” jumps from short run might not work at high velocities.

Aka felt flat, mechanics in the air, landing.





How do we practice running through the board?

How do you do your run throughs?

Track vs. runway





Meet considerations

How far do you run?

Different options





# Acknowledgements

