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 x 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