

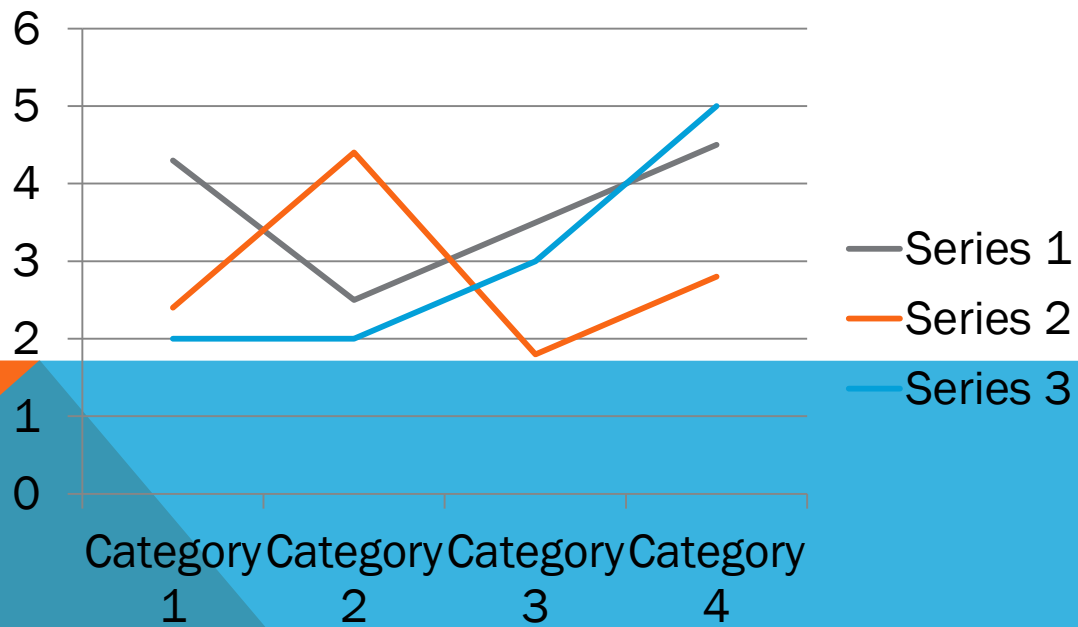


COACHING LONG JUMP

MORE THAN RUNNING AND JUMPING

Selecting Long jumpers

- How do you know?
 - They are already a stud
 - They are interested in it
 - Data made me do it!



TRAINING THE LONG JUMPER



APPROACH

The approach is the absolute most important thing in the Long Jump

- Why?

The approach allows the athlete to develop momentum and speed

The approach SHOULD position the athletes body to allow for proper takeoff mechanics

The approach should transfer as much of the athletes speed from the run into the jump



Approach Components: Fancy words with very simple meanings

Drive phase –

Accelerate!

- This is different than a sprint

- Why

-Less distance

Continuation Phase-

Don't Mess it up!!!

- Max Speed or Optimal Speed?

Transition Phase-

prep for plant/ takeoff

- Penultimate-



The Penultimate step is Key to the LJ



But it is the Penultimate Stride that really makes or breaks the LJ

Incomplete Push 1 stride out

Plant-

Foot placement

Under you

Controlling or aiming direction of mass/ forces

Where to aim??? AND..... When???

Up????

Out???



Flight Mechanics-

These do not DIRECTLY help overall distance

- They control rotation of the body and limbs to allow for a proper landing and hopefully a great landing.

Arms out in a
Spinning chair



Arms in in a
Spinning chair

Landing:

Standing or get all dirty?

Is one better than the other?


YES!!!

- Do not make it harder than it needs to be:

- Fold
- Heels
- Collapse
- Roll



Where to establish the approach?

- Do not find approach on the runway
 - Watch the athlete run multiple times
 - Running with no jump 1st
 - Eventually teach the takeoff and prep
- 

What Drills Work Best?

Simple:

- Run Run Jump (Repeat takeoff)
- Short Jumps
 - with or without landing


That's it? What about more complex drills?

- I do not use gimmicky drills or toys
 - They take too long to set up
 - They take focus off what we want
 - To add complexity I add SPEED or a CUE
 - Ex. For height/ distance/ random wicket patterns

Coaching the LJ during the Meet

- How do you move the athlete that keeps fouling?
- How do you adjust the approach for the kid that keeps reaching?
- The athlete is never in the same place twice, what now?

The magic coaches mark

- Usually 24-32 feet out
 - The better the athlete the further the mark
 - They do not need it YOU DO!
 - What does it tell you?
- 

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