

## Long Jump 2-16-15 Asics Comet Clinic

- What are the goals in the LJ?
  - o Jump far??????
    - How?
      - Use approach to create necessary forces
      - Transfer energy from approach into jump (via plant)
      - Control rotation in flight to maximize distance
      - Landing without sacrificing distance
- Break down these points
- **Approach:**
  - o **Drive phase** – Fancy word.... Same as a sprint???
    - No- similar but since approach is not 100m, it must be abbreviated
  - o **Continuation phase**- Do not mess it up!!!!
    - Fancy word for just staying controlled- an approach is about optimal speed not MAX speed.
      - But, the closer the two are the better you are!
  - o **Transition Phase**- Set up for takeoff (prep and plant) AKA penultimate!!!!
    - Penultimate is scary?
      - This is the key point to LJ but it is not set up on Penultimate
- **Plant:**
  - o **Foot placement**
    - Under you
  - o **Controlling** or aiming direction of mass/ forces
    - Where to aim??? AND..... When????
      - Up???
      - Out???
- **Flight:**
  - o Can I do that cool air running thing???
    - Why?
      - **Flight motions** do not help distance!!!
        - o They control rotation to allow for a proper landing
        - o Arms out or in, in a spinning chair
- **Landing:**
  - o Standing or get all dirty?
    - Is one better than the other?
      - YES!!!
        - o Do not make it harder than it needs to be: fold, heels, collapse, ROLL???

## Activities:

### Approach:

HOW LONG IS GOOD? For most HS 6-8 steps is plenty

- Should be over 18/23 before you go any further back
- Video 100 times TEACH TO DRIVE
  - o Double vision???
- March DURING CONTINUATION

### Plant:

- Standing penultimate or pre penultimate??
  - o Prep on full stride out
    - Incomplete push

### Takeoff/ Flight:

- Repeat takeoffs
  - o Increasing intensity
    - Height, distance
      - Learn control
      - This is a great time to feel rotation and control

### Landing:

- Arm pit holds for landing positions
  - o Heels and collapse

### Progressions for you later:

- Gradually add distance/ speed w/ competency
  - o 2 steps to 12 steps
    - Add landings and full approach pop ups as you get better.
    - NEVER TAKE FULL PRACTICE JUMPS  
AND ...  
NEVER MEASURE JUMPS IN PRACTICE!!!!  
-WHY?  
- Dent in your EGO!