
Horizontal Jumps

— Simple Approach & Take Off Mechanics —

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Youngstown State University
Assistant Track & Field Coach
Long Jump, Triple Jump, High Jump,
Multi Events

Canfield High School 2011

University of Mount Union 2015

Assistant at Mount Union 2015-
2016

Assistant at Kent State 2016-2018

Assistant at Youngstown State
2018-Present

Coaching Highlights

Great Lakes Regional Assistant Coach of the Year

Five NCAA All-Americans

Worked with men to jump over 25 feet in LJ, 53 feet in triple jump, and 7 feet in high jump

Worked with women to jump over 20 feet in LJ, 40 feet in triple jump, and 5'9" in high jump

Quick Fixes

Plyos with a Purpose

- “Quick” Off of the Ground
- Proper Foot Strike
- **Relative** Arm Movements
- Walk before you Crawl Method
- Be Creative

Running Mechanics

- Vital for a proper approach and take off
- Conned Approach Runs
- Wicket Runs
- Accelerated Wicket Runs

Simple Jump Mechanics

The Approach

The “Push” Phase

What dictates the push phase?

Distance of approach & skill level of the athlete

What is the average push phase?

The average push is 2-4 total steps, ranging up to 6 for elite jumpers

What are some verbal cues?

I like to use terms like: push, drive down & back, drive long, be powerful not fast

The “Transition” Phase

When does the transition phase occur?

The transition should take place during the middle $\frac{1}{3}$ of the approach

What is the point of the transition?

This phase transitions the power created in the push phase into speed for the take off phase

What should the athlete be focusing on?

Maintaining speed, tall posture, ground contacts under their hips, keeping stride relatively open

The Takeoff

Key Point

A good takeoff cannot occur without proper execution of the first two phases

How do you simplify a complicated take off motion?

Drop your hips on the second to last step, come back up and “pull” your foot down quick for takeoff

What should I be looking for?

Hip drop on the penultimate, high hips at take off, flat foot contact (not heel), big knee drive, acceleration

Monday

Speed & Explosive day:

Full warm up

4x 20-40m accels/flys

3-4x Full approach runs

2-3x Short Approach knee drive drill

3-4x Short approach jump

Cool down

Tuesday

Meet day:

Usually a dual or tri meet

Compete in one or two jumps depending on how the athlete is feeling

Compete them in either the 100/200/4x100/4x200 to work on speed training

Don't be afraid to throw in some 400s & 4x4s

*No meet = sprint endurance workout (300s,200s,150s) something very challenging

Wednesday

Recovery day:

Half warm up

Options:

Full body aerobic circuit (20-30 mins)

Or

Lifting (THEY'RE 14-18 YRS..FORM BEFORE WEIGHT!)

Or

Off (Yes, off days are 100% okay, I encourage them)

Thursday

Tempo & Technique day:

Full warm up

Form runs over mini hurdles/cones

Over the bar drills

Practice other jumping event if they compete in more than one

Easy 200s/150s/100s at 70% effort with 90s-2:30 rest

Cool down

Friday

Pre-Meet day:

Full warm up

2-3 Full approach runs

2-3 Block starts if sprinting

Cool down

Saturday

Meet day:

“Big” Meets

Invitationals, County, Conference, District, Regional, State Championship

The goal is to feel fresh, healthy, and “poppy”

Championship Season

Monday - Speed & Explosive day (*accels/approach runs/plyos*)

Tuesday- Speed endurance day (*150s/120s/80s fast pace with longer rests*)

Wednesday- Off (*Stretching & rolling out encouraged*)

Thursday- Technical & Tempo (more focus on technical, less on tempo)

Friday- Pre-Meet

Saturday- Compete

Kent State University Track and Field: Long Jump, Triple Jump, High Jump
General Preparation Phase 1: Work Capacity
Week 5: October 3rd - October 9th

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<u>Nuero 1</u> Lifting	Aerobic Capacity	<u>Nuero 2</u> Lifting	Endurance/Tech	Anaerobic Capacity / Lifting	off	off
Warm-up: A Stadiums (25 Steps) 4x Sprint Up 4xSL Hop Halfway 4xDL Hop Halfway 4x Sprint Up WB Rest/3m Set Rest V: 400 steps Accel Sticks 6xA2(30m) accels (16 Steps for A2) V: 120m Med Ball Throw Circuit: 2x5x Scoop OH Backward 2x5x Drop Dop Chest Pass 2x5xSL Scoop Up 2x5x Slams V: 50 Throws Cooldown	Warm-up: B 1x4x200m @75% 2m rest M:28-30 W:32-34 1x7x100 OTM M: 14-15s W:16-17s V= 1500m Core Workout Cool Down	Warm-up: A Hurdle Mobility Dribbling Drills 2x20m Ankle 2x20m Knee 2x20m 3 step pause Sled Pulls 2x4x20m 2x4x40m 60s rep/3m set rests Inverse Wt/Dist V: 480 Sand Plyos 4x10 Hurdle Hops 4x10 Rev Ankle Hops 4x5e SL Tuck Jumps 4x10 Zig Zags 4x10 Rev Zig Zags 4x Quick Ankle Cycles GC: 180 Cooldown	(Voluntary Day) 20min easy bike or 20min easy elliptical Stretch & Roll Partner abs: 4x6 Front Leg Throw downs 4x6e Side Leg Throw downs 4x6 Shoulder Push Downs	Warm-up: A Hills 4x50 WB + 60s 3x75 WB + 30s 3x100 WB 3x50 WB V:875		

Kent State University Track and Field: Long Jump, Triple Jump, High Jump
Indoor Season: Competition Phase (Reset Week)
Week 21: January 22nd - January 28th

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				Akron Dual		
Warm-up 1 ALL: The Gauntlet Lift Cooldown	Warm-up 1 TJ: 3x Wicket Runs 3x Full approach Hop 3x Short Approach Hop Hop Hop into pit 3x Step off Box Jump into Pit AJ: Wicket runs, wicketed full approach hop, full approach hops off ground onto low box step off box to ground LJ: Landing Drills 3x Wicket Runs 3-4x Full approach Take off 4x continuous take off drill Samory: Sand Plyo Circuit Britni: Wickets, 2-3x approach run, short approach hop off box step onto box HJ: 2x 150 @ 80% w/ 3m rest 2x 120 @ 85% w/ 3m rest 3x 80 @ @ 90% w/ Walk back 3x 200 @ 65% w/ 2m rest 300 abs of choice	Warm-up 2 LJ/TJ: 2x 150 @ 80% w/ 3m rest 2x 120 @ 85% w/ 3m rest 3x 80 @ @ 90% w/ Walk back 3x 200 @ 65% w/ 2m rest (JJ + 1 on 150s, 120s, 80s) 300 Abs of choice HJ: 4x Banded curve run take offs 4-5x Full approach take offs 4x Springboard short jumps 4x 3 hurdle hop to LJ take off over hurdle Britni: 800m jog into continuous warm up, mat run workout Lift Cooldown	Warm-up 1 ALL: OFF Lift Day 3 today or friday	Warm-up 2 LJ/TJ: 3-4x Full approach runs Mat Run Workout HJ: 6-8x Short approach jumps off ramp Mat run Workout Lift Day 3	Off	Off

Kent State University Track and Field: Long Jump, Triple Jump, High Jump

Outdoor Championship Season: Peak Performance

Week 11: May 8th - May 14th

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			MAC	MAC	MAC	
All: Speed/Approach work Lift Cooldown	All: 2x80 3x60 3x20	All: Travel Day Light approach work depending on when certain people compete Med balls	All: compete/premeet/off	ALL: compete/premeet/off	ALL: compete/off	Off

Coaching Philosophies

There is always more to learn. As coaches, we're here to help the athletes. Don't be afraid to ask questions and get feedback.

No one cares how much you know until they know how much you care.

As long as you're working hard at something, you're going to get better.
- Kevin Lucas

The best training program is the program that the athlete believes in.

Video analysis

— Youngstown State Jumpers —

Thank you!

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