

Considerations for the Triple Jump

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Overview

- Commonalities
- Considerations for the Approach
- Considerations for the Jump/Phases
- Drill Progression
- Program Design

Commonalities

- Acceleration
 - Body Angle/Shin Angle
 - Complete Extension of Joints
 - Arm Action

Commonalities

- Posture
 - Ankle/Hip/Shoulder Alignment
 - Summation of Forces
 - Maintenance thru Takeoff and Jump

Commonalities

- Ankle Dorsiflexion
 - Pre-Tension in Foot
 - Toes Up

Commonalities

- Sprint Mechanics
 - Vertical Pushing
 - Combination of Posture/Acceleration/Dorsiflexion
 - Maximal Velocity Running

Commonalities

- Flight/Jump Mechanics
 - Maintenance of Posture
 - Conservation of Rotational Forces
 - Free Leg Cycling
 - Preparation for Landing
 - Landing Considerations

Approach Considerations

- Starting Point Dependant on Several Factors
 - Strength of Athlete
 - Speed of Athlete
 - Experience of Athlete
- Do not allow athlete to have more approach than they can handle

Approach Considerations

- Acceleration Mechanics
 - Starting Position
 - Complete Pushes
 - Large Amplitude of Movement
 - Postural Maintenance
 - Transition to Maximal Velocity

Approach Considerations

- Maximal Velocity Mechanics
 - Maximal vs. Ideal Velocity
- Foot Contacts
- Vertical Pushing
- Conservation of Posture

Approach Considerations

- Takeoff Preparation
 - Last 4 Steps Prior to Takeoff Critical
- Focus on Vertical Pushes
- Flat Contacts on Last Two Steps
- Little/No Lowering of Center of Mass

Approach Considerations

- Takeoff
 - Foot Contact
 - Complete Extension
 - Postural Alignment
 - Hip Displacement
 - Leg Swing/Knee Drive
 - Arm Action
 - Double vs. Single Arm

Phase Considerations

- Hop Phase
 - Takeoff Angle/Run Off Board
 - Conservation of Rotational Forces
 - Extension and Cycle of Free Leg
 - Maintenance of Posture
 - Landing Foot Contact

Phase Considerations

- Step Phase
 - Leg Swing vs. Knee Drive
 - Vertical Pushing
 - Maintenance of Posture
 - Preparation for Landing
 - Patience

Phase Considerations

- Jump Phase
 - Very Similar to Long Jump
 - Typically "Hang Style"
 - Vertical Pushing/Complete Extension
 - Hold On
 - Landing Considerations

Training Inventory

- Many roads to Rome
- How more important than what
- Identify necessary components
 - Plyometrics/Stretch Shortening Cycle
 - Sprint Mechanics
 - CNS Demands

Drill Progression

- Remedial Bounding
 - Hop/Bound/LLRR
- Box Drill
 - Teaches Push/Swing/Posture
- Short Approach Work
 - 4-8 Step Approaches
 - 2 Hop Triple Jumps

Training Design

- Complimentary vs. Compatibility
 - Key to training design is understanding demands placed on the body
 - Complementary training requires different demands, allowing one system to recover
 - Example: high demand plyometrics followed by general strength work
 - Compatible training places similar demands on body and its systems and should be used together
 - Example: high demand plyometrics and olympic lifts

Training Design

- Every Day is Triple Jump Practice!!
 - Regardless of the exercises performed, be sure to know the "why" of what is done
 - Never sacrifice quality for quantity
 - Look for teachable moments from warm up to cool down
