

# Basic Triple Jumping for Beginners

## I Terminology

- 'hop' means to land on the same foot you took off of
- 'step'-land on the opposite foot
- 'jump'-into the pit

## II Which foot to use

## III Teaching the event

Demonstrate if possible:

- standing TJ
- 2 or 3 steps then TJ
- have kids do it then increase number of steps in approach

## IV Drills

- Bounding drills
- LJ/TJ drills
- Box drills
- Medicine ball throws

# Triple Jump Tips

## I APPROACH

- Run should be 70 to 100 feet for beginners
- Run must be almost full speed but always under control
- Try to accelerate the last 4 strides
- Run off the board (don't jump) keep the hop low and flat-hold back

## II HOP

- Coming off the board, drive free knee up and circle back (cone drill)
- Keep head up, shoulders back, look at the end of the pit
- Land with the free leg (step leg) behind you
- For the landing of the hop, sweep the hop leg back to propel you forward (skateboard)
- Flat foot landing-NOT toe first.

## III STEP

- Stay upright
- Bring step leg through bent
- Flex toes up toward knee
- As in the hop phase, sweep leg back to plant under the body, rather than in front

## IV JUMP

- This final phase is really just a long jump, although for some it will be off the opposite leg
- Land with the feet reaching forward and arms back

Doug Malinsky, North Central College

# NCC JUMPERS

## Bounding Drills

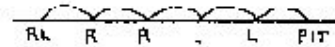
- **Bounds**
- **Single leg hops**
- **Double leg—distance**
- **Double leg—speed**
- **Straight leg**
- **Hop-Step-Step**

## NCC LJ/TJ DRILLS

### Frog Series

- Heel-toe or flat landings
- Drive free leg
- Jump up and out
- Double arms

- 1) Standing long jump
- 2) 3 double leg jumps
- 3) Standing triple jump
- 4) Double-double



### Kangaroo Series

- Free leg held more under body
- Work done with landing leg
- Heel-toe or flat landings
- Double arm

- 1) 3 landings on right
- 2) 3 landings on left
- 3) Double-double
- 4) Double-double opposite way
- 5) Alternate bounds R-L-R-L
- 6) Alternate bounds L-R-L-R



## Pogo Series

- Free leg held in front
- Heel-toe or flat landings
- Double arms

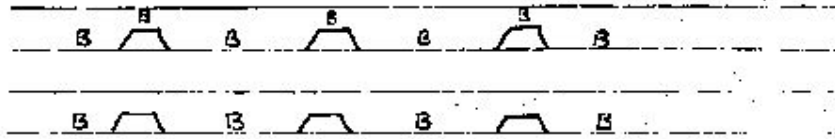
- 1) Single leg hops to pit. Hop leg almost straight, short hops.  
R-R-R-...  
L-L-L-...
- 2) Double-double
- 3) Medials: hop on right to the right  
hop on left to the left
- 4) Laterals: hop on right to the left  
hop on left to the right

Note: For medials and laterals, keep shoulders parallel to the runway and hopping foot perpendicular to the runway.

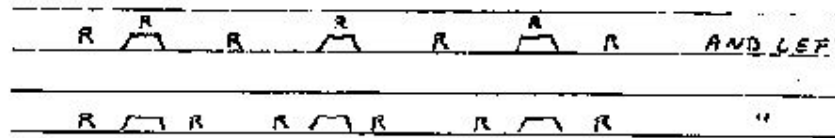
# NCC JUMPERS BOX DRILLS

R = RIGHT L = LEFT B = BOTH

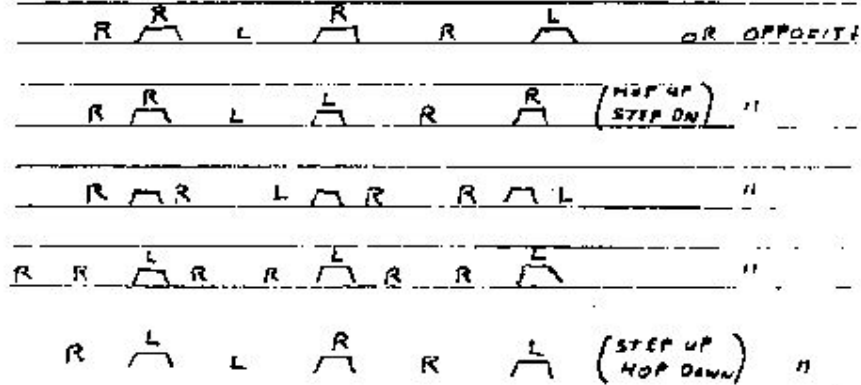
## I Double legs



## II Single legs



## III Combinations



## **NCC JUMPERS**

### **Medicine Ball Throws**

- Underhand Front
- Overhead Back
- Squat Chest Pass
- Hammer Hip (both sides)
- 2 Double Leg Hops Forward Then Overhead Back
- 2 Double Leg Hops Forward Then Underhand Front
- Lunge Chest

Keep back straight and flat, legs apply initial power.