

Beginning Triple Jump

Matt Maletich - Downers Grove North High



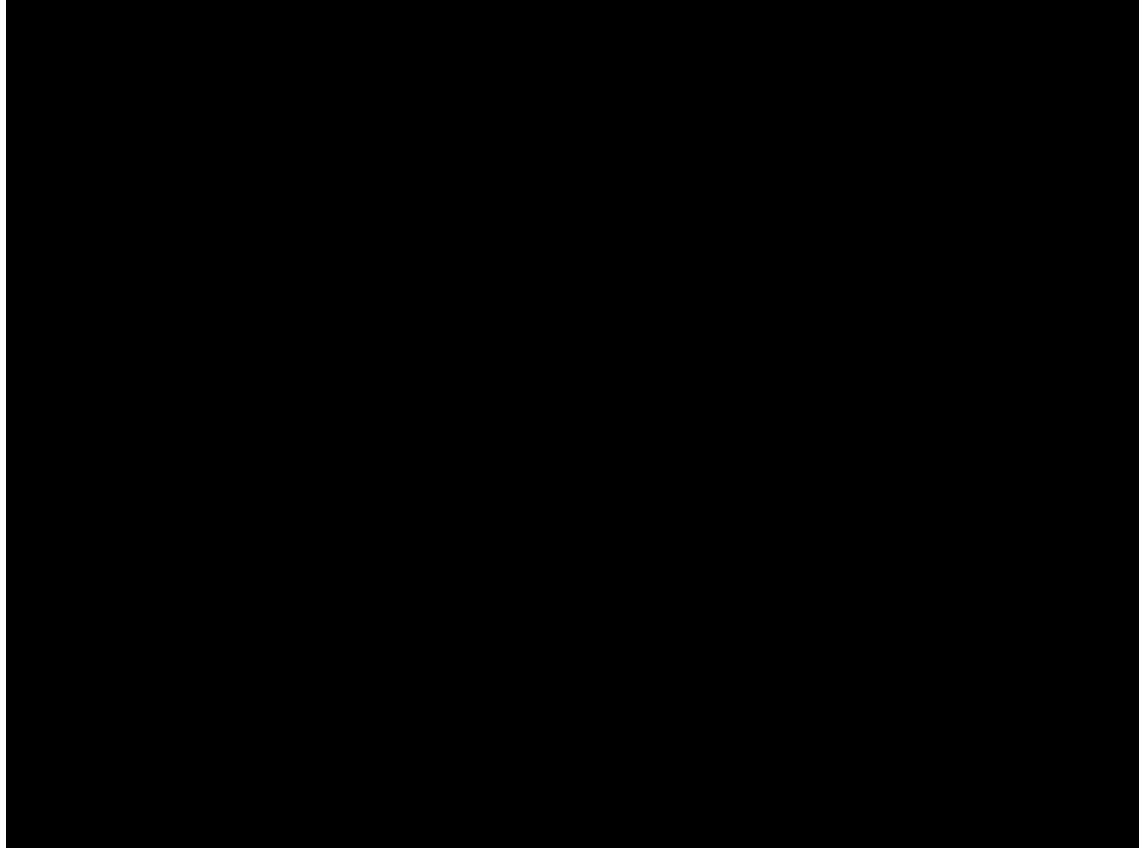
Triple Jump Philosophy:

- Start small and build up.
- Educate athletes about their event. (Athletes analyze)
- Make practice fun.
- Make practice competitive.
- Believe in your product.
- Recruit, recruit, recruit.
- Athletes must be sprinters. (Good max v mechanics)

Drill: Single leg hops

Focus:

- Posture
“good hips”
- Foot-striking
(Dorsiflexed)
- Free leg heel
to heel and
heel to toe.



Extend distance in each hop

Focus:

More active free leg allows for more distance and rhythm.



More distance

Focus:

- Posture.
- Dorsiflexed calf. (Toe-up)



Drill: Alternating leg hops

Focus:

- Posture
- Foot-striking
- Free leg timing
- Arms



More distance

Focus:

- Increase window between legs.
- Knees together at ground impact.



More distance

Focus:

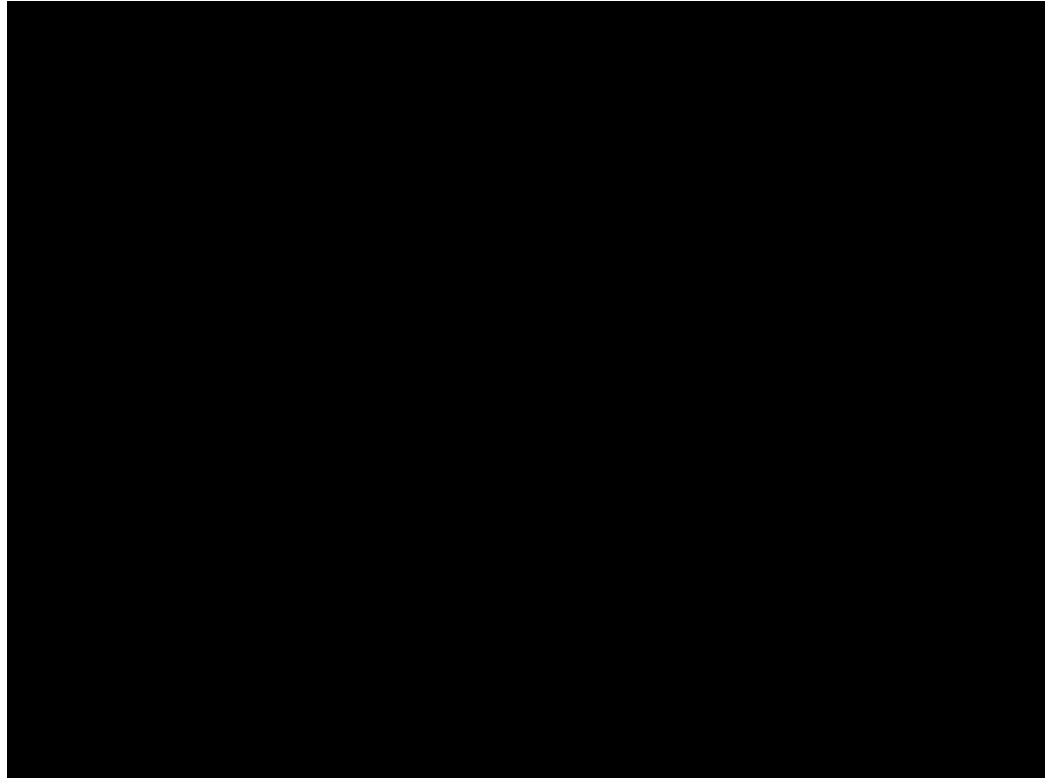
- Previous cues
- No need to overdue these



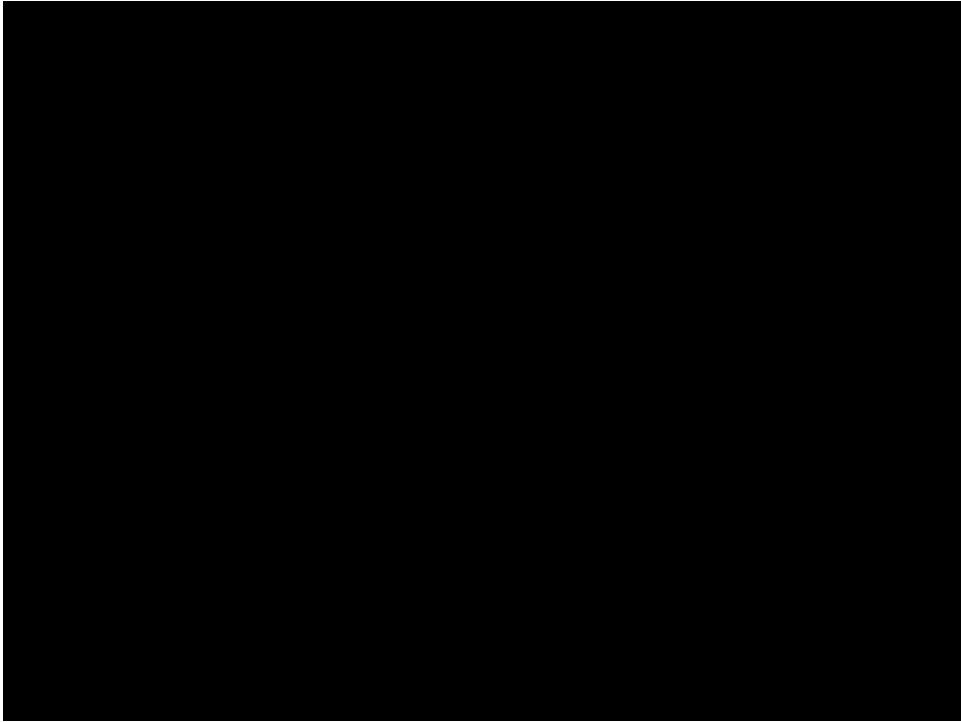
Drill #3 Mini Triple Jumps

Goal of Drill:

Start small and
work to
develop
mastery



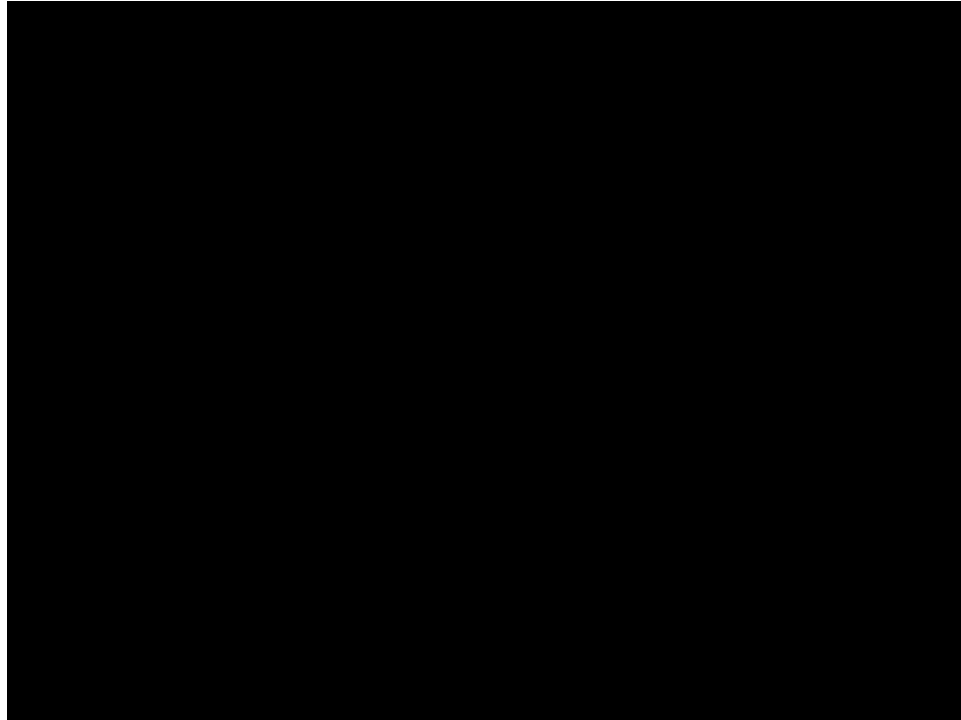
Next: Start increasing length of each phase



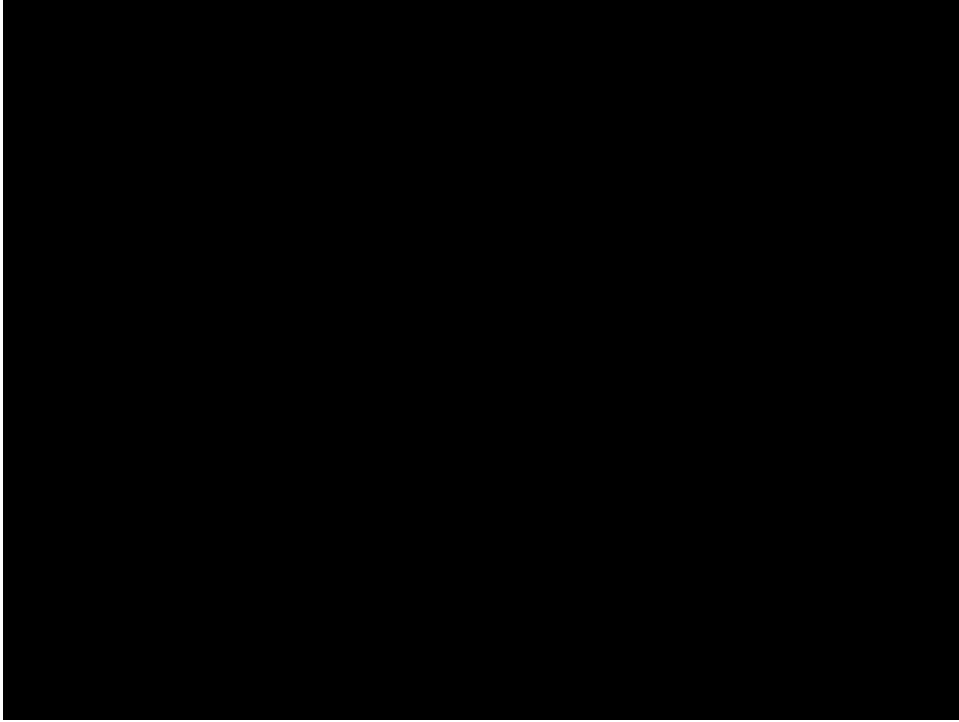
Begin to work on
takeoff and add in
approach steps.

Then: Longer approach

How far is too long?



Drill: Practicing the takeoff

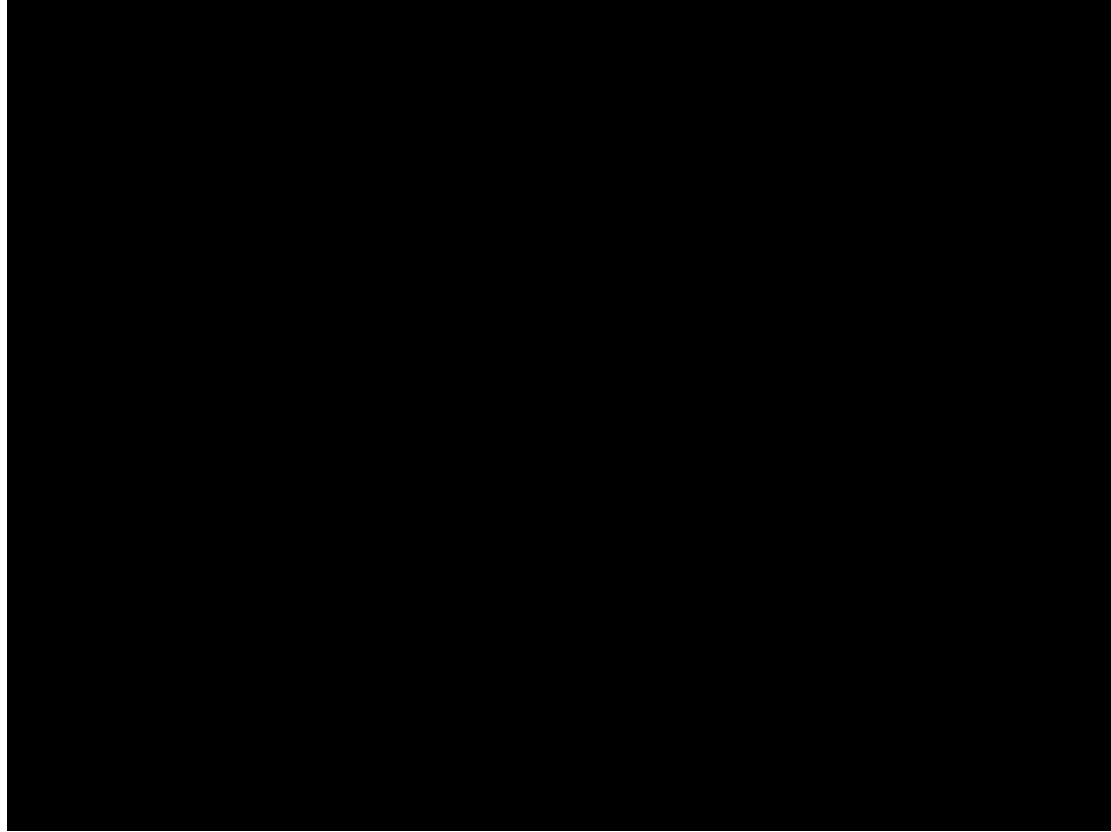


Focus:

- Hips through board
- Big push off board toward pit
- Use hip flexor elasticity
- Maintain speed through first phase and penultimate step.

Add in competition?

Athletes learn the only way to be successful is a good takeoff and transferring speed into hop phase.



**Poor
example:**



Drill: Rollover start

Focus:

- Drop chest towards knee
- Thrust arms in release of body coil
- Full push off of power leg
- Opposite arm across chest

