

Beginner Long Jump

“You can’t create Long Jumper talent, but you can find it and develop it.”
(A PowerPoint Presentation with Video will Accompany this Outline)

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Vocabulary:

Acceleration	Max Velocity	Displacement	Shin-Angles
Posture	Penultimate	Take-off Angle	Hip Height
Energy Systems	Plyos	Triple Extension	Unilateral vs Bilateral
Variance	Individualization	Power	Absolute vs Optimum Speed
Work Capacity	Stimulus	Adaption	REST
Progression			

What is your Coaching Philosophy?

Let’s take a look at great Long Jumpers (Video)

1. World Class Athletes
2. College Athletes
3. High School Athletes

I. Types of Athletes

A. Fast Twitch vs Slow Switch (Nerve Motor Units)

1. An Athlete has the most Fast Twitch Fibers when you are a Baby
2. We all have these Nerve Cells - Training Determines Middle Neurons

B. Speed vs Endurance

C. Energy System

1. Aerobic vs Anaerobic (With or Without Oxygen)

*Often a super explosive athlete is trained to be slow for the sake of endurance.

*7 Second Rule

II. Finding a Great Long Jumper

A. Testing (Video Examples)

1. Standing Long Jump (Boys over 10 feet and Girls over 8 feet)
2. 30 meter run from start
3. 30 meter Fly
4. Overhead Med Ball Throw
5. Vertical Jump
6. 5 Bounds from Standing Position

III. Breaking the Long Jump Into Parts

- A. Acceleration
- B. Approach: Max Velocity (Alignment)
- C. Penultimate and Take-Off
- D. Landing (flight in the air)

“Anyone can run, not everyone can sprint.” - Tony Veney

“Sprinting makes up 95% of the distance you will get in the Long Jump” - John Shepherd

Breaking Down the Long Jump into its Parts and Drills to do for each

- A. Acceleration
 - 1. Dynamic Warm-up (Example)
 - a. Skips
 - b. Mobility
 - c. Hops
 - d. Accelerations
 - 2. Accelerations (video)
 - a. 10m 20m 30m
 - b. Shin-angles
 - c. Hip angles
 - d. Power
 - e. Triple extension

*How will you start you Long Jump?

- 3. Targeting the Board (How often do you have an athlete always be an inch over?)
 - a. Steering to the Board
 - B. Dan Pfaff from last year’s Clinic said that this is a targeting issue not a mechanical issue.
 - C. Place your Target before the Board

B. Max Velocity Mechanics (Video)

*Posture and Steering to the Board

- 1. Stride Frequency x Stride Length
- 2. 30 m Flies and Sprint/Float/Sprint (Video using Frelap)
- 3. Dribbling (Ankling and Kneeing)
- 4. Wicket runs (Video)
- 5. Posture

C. Take-Off (video)

*Changing Horizontal Velocity to Vertical

*Take off Angle is determined and path of flight (18 to 22 degrees)

- 1. Preparation (Flat/Flat)
- 2. Penultimate Step (Hip Height) (Video and Demonstration)
- 3. Progression (Video)

- a. Step-Swing-Hold
 - b. Rocker Walk
 - c. Rocker Skips
 - d. Continuous Pop-ups
 - e. Use of boxes for Penultimate
 - f. Short approaches to Longer Approaches
4. Finding your Mark (Video)
- a. Counting back on runway or on a straight (Marking with tape or chalk)
 - b. Watching an acceleration and determining where Max Velocity is reached
 - c. Measuring Distance with Front or back of the Board
 - d. Practicing to build Consistency
- D. Flight and Landing (Least Important) (Video)
- 1. Purpose is to control forward rotation
 - a. Hitch (Cycle)
 - b. Hang
 - c. Hitch-Hang
 - 2. Landing (Heels Furthest From Body)
 - a. Two Feet
 - b. Heels-Fall to Side-Pull Through

*Most Important Thing in Track and Field is to look cool! Practice, Practice, Practice

IV. Training (Multilateral Approach) (Video Examples and Drills)

Hit everything: Power, Strength, Coordination, Flexibility, Mobility, and Focus

- A. General Strength
- B. Medballs
- C. Kettlebells
- D. Multi-Jumps (Unilateral vs Bilateral)
- E. Hurdle Mobility
- F. Flexibility & Hip Flexor/Extensor Work
- G. Weight Training (Olympic Lifts)
- H. Plyo Training
- I. Core Training
- J. Meditation and Yoga