

Jumps ... An Introduction to LJ/TJ Skills



Select from the following activities; **but**, progress patiently !!
Athlete Skill Development and Performance Progression will vary.
Landing (pit/mats) and take-off areas to be checked **constantly**.
General and Specific Drills to play a leading role in the **Warm-Up**.

Video examples to precede activities where possible.
Demonstration .. accomplished performers

Organise **Pre-Program Tests**: e.g. 4 Bounds/Steps + 1 Jump approximates TJ potential; LJ and TJ efforts.

1. **Standing LONG JUMP**: feet approx. 10 cm. apart; vigorous, co-ordinated arm swing; Athletes lined up in groups of 3 or 4 along each side of the pit.
2 - 4 trials each.
2. **HOPS**: 3 hops from standing; 5 hops .. standing. (Preferred / Non-Preferred)
Groups of 3-4 athletes .. walk-back.
2 - 3 trials each. (Don't overdo: aim to enhance co-ordination)
3. **HOP / STEP**: Hop - Step - Hop - Step - Hop - Step
Hop - Hop - Step - Step - Hop - Hop - Step - Step
Groups of 3-4 athletes; walk-back; 2-3 trials of each.
(Don't overdo: aim to enhance co-ordination)
4. **Standing TRIPLE JUMP**: several take-off lines; athletes choose take-off point that will allow them to land their step before the pit.
5. **Complex Jump**: 2H-2S-J: i.e. Hop-Hop-Step-Step-Jump
Athletes should experiment to determine take-off point.
This is a complex skill ... allow 3-4 trials.
6. **LONG JUMP**: 3 Step Run-Up Û LJ (2-3 trials)
5 Step Run-Up Û LJ (2-3 trials)
Stress: accelerate through the final three steps.
7. **TRIPLE JUMP**: 7.1 Standing Triple Jump ... give athletes extra trial(s) at this skill; they will usually find it easier after 2H-2S-J.
7.2 3 Step Run-Up Û TJ
5 Step Run-Up Û TJ
8. **LONG JUMP** from a beat board: elevated take-off; ensure a safe landing area.
9. **TRIPLE JUMP** from a beat board; athletes to Hop-Step (on to beat board) - Jump.
Also: 2H-2S-J from beat board .

Allow "adequate" **recovery** between all efforts

Choose from **JUMPS**
QUADATHLON
PENTATHLON
or
DECATHLON



Record performances; recognise and reward endeavour and achievement!

Beat board (elevated take-off into a pit, or, on to a High Jump mat(s) — landing with legs/toes up and upper body extended forward on landing) is an advanced co-ordination skill and should **not** be attempted **unless** conditions are **carefully prepared** and **supervised**.



Your Full Run-Up(s) .. (9-13 strides)
Measure with your feet .. why? (and a tape).

Indoor options should be available:
beat boards, HJ landing mats, floor mats.
Prepare carefully; supervise thoroughly!