



Training The High School Long/Triple Jumper

My name is Ryan Ewing, and I have been coaching the Sun Prairie long/triple jumpers since 2008.

In that time I have coached athletes to the state meet in 3 different seasons, and have personal bests as a coach of:

Girls Long Jump - 17'8"

Girls Triple Jump - 36'11"

Boys Long Jump - 22'3"

Boys Triple Jump - 42'7"

I coach on a team with roughly 200-240 total athletes. I average roughly 40-50 jumpers per year.

At the beginning of the year I collect a list of individuals that are interested in jumping. On top of that, I also create a list of individuals that pass the "eye test" as a possible jumper and approach them to discuss the possibility.

I've coached numerous jumpers that were interested in both long and triple jump, and have created this presentation to give you some training suggestions and ideas.

I will be going over athlete preparation, practice planning, drills, and general observations/suggestions throughout this presentation.

I will leave time for questions at the end of the presentation, and will give you my email so you can request any of the materials you see today. I am open to sharing any of the resources I have found/created over my eight years!

1.) Athlete Preparation

If a jumper hopes to pull off being a long/triple jumper during the track season, preparation is key!

Preparation begins the moment your season ends. My message to athletes at the end of every season is to stay active and spend time in the weight room if possible. I tell them to take a whole-body approach when it comes to strength so that the strength they develop is functional and can be utilized in multiple different events.

If they need materials for offseason training I share them through Google Drive and it is their responsibility to look them up. As well, I am in the process of creating a website that will simply host all of my coaching materials for whomever wants to use it.

About a month and a half before the season I generally send out an email letting them know it is time to begin the preparation to be a jumper with things like multi-jumps, med ball workouts, core workouts, and general strength routines.

Doing a "multi-jumps" and/or plyometric program before the season starts prepares your athlete's legs for the pounding they'll experience during the season. This is the **MOST IMPORTANT** kind of preparation in my opinion.

I have found some great resources for this!

[Boo Schexnayder's SAC Speed Program](#)

[Edward Broadbent Channel on YouTube](#)

Plyometrics info from "The Horizontal Jumps: Planning for
Long Term Development" by Nick Newman NS

If you don't this book in your coaching inventory I highly recommending picking it up. The information in this book is wonderful, and is something I reference weekly during the season.

Lastly, keep track of any off season camps/clinics that your athletes can attend and suggest that they check it out.

There is an upcoming camp at [UW](#) on March 5th.

We also have one in [Sun Prairie](#) that takes place each Sunday in February.

2.) Practice Planning

Unless you have a small team of only a few athletes finding the time to fit everything in will most likely be an issue for you.

You have to consider overall practice time, other events that your athlete needs to practice, health of the athletes, and needs of the athletes.

Early in my career I tried to "stuff" everything into the long jump block in our team schedule but quickly realized that my approach was flawed and needed to be change.

I was confused by the concept of getting it all in each day, and was frustrated by the thought of trying to find the time. When this was happening I heard of a school out in California that had roughly 500 athlete on the track team. I called and spoke with the head coach and started to model my own practices after his ideas.

I created a new schedule where I met with triple jumpers **before practice began 2-3 times weekly.**

This freed me up a tremendous amount, and made me more available to other athletes during our long jump block and helped our productivity a great deal!

I keep these practices fairly short and get as much done as possible. Before sending them off to practice (with the rest of the team) I inform them what our long jump practice will be focused on, and tell them what I'd like them to do during that time. An athlete that will be training both long and triple jumps in one day is given a reduced amount of "contacts" for health reasons.

Here is are some examples that I might use in my schedule:

Speed Days - the long and triple jumpers are BOTH working on approach consistency during the long jump block of practice. No need for an early practice with triple jumpers unless an athlete cannot make the long jump block due to another event.

Endurance Days - For both long and triple jumpers the entire day is about endurance. We do large quantities of drills/focuses that need attention at that point in our season. Some days we might work on a lot of approaches to make sure an athlete can still be consistent even when tired. Others we will work on a high number of short approach jumps to build explosive endurance and flight consistency.

Recovery Days - I like to meet with triple jumpers to go over video breakdowns, core related work, low impact hurdle drills, landing work, etc. During long jump we continue that work, but focus on the long jump instead of triple. Meeting with both long and triple jumpers (or athletes that do both) really helps to separate the different focuses from each of the two jumps.

3.) Communication

A long/triple jump coach has a difficult job! You are not only in charge of teaching your athletes the necessary drills, but also need to be mindful of your athlete as a whole.

A jumper is first and foremost a sprinter. Without that speed your jumper will most likely underperform at the pits (especially long jump). Due to this, your jumper will probably be taking part in all sprinter workouts.

When you add it all up, your athlete is going to be pushed a great deal and is more prone to overtraining and/or injury.

By keeping a close eye on their training, and an open line of communication with other event coaches and your athlete, you are going to avoid some negative situations.

If I know that my day is going to be a hard one, I discuss this with the sprint coaches and ask to lighten their load if possible. If I know that sprints is going to be a tough day, I might lessen the number of drills/contacts we do and focus on something like core strength instead. It is a constant give-and-take.

Other events that you might be working with generally include pole vault, high jump, and/or hurdles.

Knowing how difficult/dangerous/specific the pole vault is I generally give my athletes a little more leniency when they are splitting their time between myself and the vault area.

In no way though, does this mean that they can simply vault all day/week long and never make an effort to make it to the long/triple jump pits. I have created something I call the "minimums" for this.

The minimums is the desired number of practices they must attend for long/triple if they want to be a jumper. They will not be scheduled to jump in a meet if they don't make the minimums.

I communicate these minimums with the hurdles, high jump, and vault coaches to let them know my expectations and we work out a schedule that will work.

Without these extra steps you are putting your athlete in danger of improper training that could lead to injury.



Keep It Simple!

Before we dive into drills I wanted to give you a piece of advice that I think is paramount to your success - Keep It Simple!

In the long and triple jumps there is a lot happening! To teach the various different actions/focuses to your athletes there are a million different drills that you could use.

My suggestion is to pick no more than 7 or 8 drills that you find most helpful/informative and use those and **ONLY THOSE** as your season progresses. You can use progressions within those drills, but don't stray from those specific drills unless you truly feel you must.

By having a smaller number of drills you are giving your athletes a better chance of understanding and remembering the drills and their purposes.

I personally max out by using the highest suggested total of 7-8 drills per long and triple jump. To give you a better understanding of what I mean by this I will be going over my practice inventory in the drills section.

Drills

Now that we have preparation and scheduling out of the way,
let's get to the best stuff - the drills!

Let's take a look at my [Practice Inventory](#).

These drills were chosen for a number of reasons:

1. The specifics of the movements and what they teach
2. The focuses I want to teach throughout the entirety of my season
3. The amount of "pounding"
4. Ease of drill - athlete knowledge
5. FUN factor

Each drill must be progressive in nature or the athletes won't learn anything after the initial teaching/coaching of the drill.

Progression is what helps to personalize the training regimen for your athletes, and is something that is easily broken down once you know the jumps well.

An early mistake I made in my career was giving my athletes great drills, but moving on to something completely different once they accomplished the drill and it's focuses. Don't do this. As always, remember to keep it simple and consistent!

Approach Work/Drills

Without consistency in the approach your athlete's jumps don't mean much. I recommend spending a great deal of time on this focus with your athletes - as much as 50-60% of your practices.

I have seen numerous jumpers in my time as a coach jump **FANTASTIC** jumps that were called scratches. There is nothing more frustrating than this.

Early in my career a colleague suggested that I do the "waterfall" start to begin my approach because of its consistency and ease.

After a number of seasons with high inconsistencies I changed our start to the "crouch start," and have seen great results since.

I always begin approach drilling with the start (the "drive phase). An article I read attributed 90% of scratches to the first few steps of an approach and that shocked me!

Think about it though...once a jumper is up and running their form is most likely pretty consistent. As well, the actions they take going from being a runner to a jumper is (most likely) pretty consistent. So, that just leaves the start.

I cannot tell you how much time I have spent on this over the past few seasons.

The great news is that I have found a way to help jumpers be consistent in those first few 3-5 steps, and have drastically improved our overall success rate!

THE CROUCH START

I first teach the athletes the proper foot placement.



THE CROUCH START

Next I teach them the proper explosive technique.



We first work on just the start. After the athletes have found some success in mirroring the images from the last slide, I work with them on their consistency in the first 3-5 steps.

I do this by using cones to mark their steps on both sides of the lane; and use those cones for reference if they were able to hit their mark.

If they hit the mark, I challenge them to hit it again...and again...and so forth.

If they did not hit their mark I tell them what I observed, and reset the cones to try again.

I will not allow an athlete to move on to any other parts of the approach until they have shown an ability to hit their mark (and their cone marks) at a high percentage.

After the start the athlete transitions into the "continuation phase" (which is just a fancy word for "running.").

The "continuation phase" can be practiced in a number of ways.

First off, sprints should be working on this daily/weekly so that each of your shared athletes know how to sprint with proper knee drive, arm drive, posture, etc.

If you feel as though an athlete needs more practice I found a great way to do just that! Wickets.

This article on freelapusa.com was created to help with any front-side mechanical issues your athletes might need help on.

I use this frequently at the beginning of the season, and with athletes that need help on mechanics - especially young and inexperienced jumpers.

Don't just believe that sprints will make this phase work, pay close attention to your athlete's mechanics and make the necessary change if the situation dictates it.

Wickets is also a great drill for helping younger athletes to "buy in" on the "attacking" the lane when doing approaches.

By doing the wicket drill you are teaching max velocity mechanics. This is something younger jumpers need. A large number of inexperienced jumpers seem to hesitate or approach the pit with a lack of purpose. When this happens they have completely lost the ability to maximize their jump and thus have wasted both energy and time.

Spend a great deal of time on this drill with younger/inexperienced athletes before expecting much of anything from them while in the lane. You won't regret it!

The last phase in the approach is the "transition phase, and is all about the jumper transitioning from being a runner to being a jumper, and can be a very difficult focus for some.

We work on this phase by doing things like:

1. Galloping (focused on long jump)
2. Box work into HJ mat (generally geared towards long jump, but can be both)
3. Short approach jumps - progressively extended (both)

The transition phase is very different when it comes to long and triple jump.

In the triple jump I use hurdle drills to teach the athlete the difference between the two jumps. This can be somewhat confusing for a jumper that does both, but over time it should correct itself as long as you are dedicating a good deal of time to it.

Here is an example of the [hurdle drill](#).

As you can see in the video the transition is very different from the standpoint that the athlete is pushing outwards and not up (like in the long jump). I will be expanding our look at the hop phase in the upcoming slides.



Long Jump Work/Drills

The long jump is an extremely fast-paced and intense jump.

A jumper must be at 100% of their controllable speed if they hope to jump a number that reflects their ability.

The long jumper must understand how to transition from sprinting that fast to jumping upwards to maximize distance. This transition is called the "penultimate step" which is a fancy way of saying dropping your hips in preparation to jump.

My takeoff progression is as follows:

- 1.) Galloping at a low height
- 2.) Galloping with proper arm movements
- 3.) Galloping with proper knee drive
- 4.) Galloping with height
- 5.) Short Approach Jumps (3,5,7,9)

The gallop is something nearly all elementary aged kids know and have done. By using this drill you are using something familiar to teach a complex movement. The kids find it funny at first, but get used to it (and like it) as time passes.

Next comes the flight phase. This phase can be difficult.

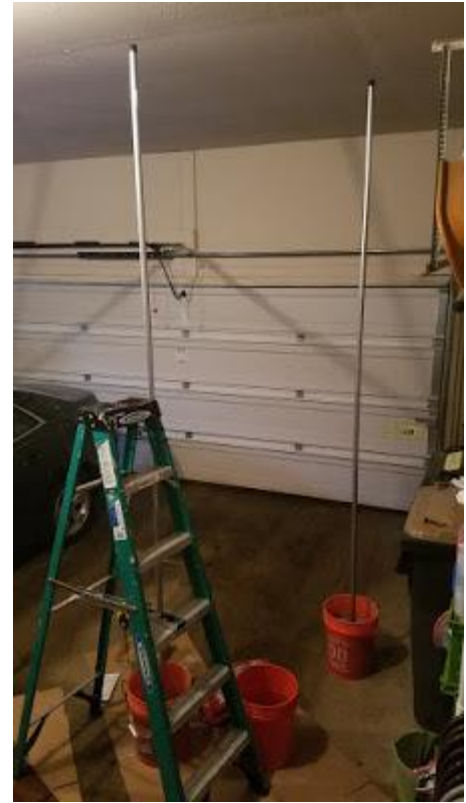
Many kids get up there and flail around which drastically changes their landing potential. A great deal of athletes and coaches (in my opinion) spend too little time on this because they feel it should just be "natural". I completely disagree...

If your athlete doesn't know what to do when in the air, I can promise you they will end up landing in a "tall squat" or a full standing position. This phase must get a great deal of attention if you want to maximize your athlete's results.

Here is my progression:

- 1.) Box pops into HJ mat
- 2.) **Step 1** with high bungee (chest, and head)
- 3.) Short approach jumps with high bungee
- 4.) Short approach jumps with low bungee

[Here's a great video about the bungee work!](#)



Lastly comes the landing progression. Again, I feel this is a widely ignore aspect of a number of coaches and athletes. The best jumpers out there don't just rely on the abilities, but look to improve any way possible.

$\frac{1}{4}$ inch story - Claire Pohlman.

**If you want your athlete to be the best make this a
priority!**

Here is my landing progression:

- 1.) SLJ with normal/standing landing
- 2.) SLJ with controlled gymnast landing
- 3.) SLJ with **Step 2** and falling to butt
- 4.) **Step 3** with kicking sand out of pit
- 5.) Puts **Steps 1-4** together in one movement
- 6.) Short approach jumps with landings
- 7.) Full approach jumps with landings

[Here is a video for a visual of the first 4 steps](#) - **MUTE video**

Triple Jump Work/Drills

The triple jump is made up of three phases - the hop, the step, and the jump. Each phase is connected and must be properly "chained together" if your athlete hopes to jump to his/her capabilities.

The hop is...

- A continuation of the sprinting mechanics done in the approach
- Is focused on an outward push with low arm and knee drive
- Is done by jumping off of your chosen leg, and landing (actively) on the same leg

Since the hurdle drill is my go-to drill regarding the hop phase, everything after that must work well as an extension to that drill. Here is my progression for the hop phase:

- 1.) Low hurdle "walk over"
- 2.) Low hurdle "jog over"
- 3.) **Step 2** with low hurdle drill with arm work
- 4.) **Step 3** with knocking over low hurdle
- 5.) **Step 4** jumping under medium bungee
- 6.) Sprinting to low hurdle and medium bungee with sprinting upon landing

The step phase comes next and is characterized as:

- A continuation of the hop phase
- Is focused on an upward/outward movement which should be higher than the hop phase
- Is done by jumping off of the foot you landed on when performing the hop, and landing on the opposite leg (a bound).

This is by far the hardest phase of the triple jump, and the phase most commonly done wrong by athletes.

Here is my progression for the step phase:

- 1.) Bounding Progression
- 2.) Hop hurdle drill with Step to **low box**
- 3.) Hop hurdle drill with bound over **tall hurdle**
- 4.) **Step 4** with sprints upon landing

The jump phase comes last, and is characterized as:

- A continuation of the step phase
- Is focused by an upward movement and is hopefully your highest phase
- Is done by completing a long jump and landing in sand pit.

The athlete should be able to do most things easily during this phase since they train in the long jump focuses. There are some subtle differences though that you need to be aware of.

Here is my progression for the jump phase:

- 1.) Standing bound with jump to pit
- 2.) **Step 1** with reach for high bungee
- 3.) **Long Jump Progression**
- 4.) **Steps 1-2** with squat landing
- 5.) **Steps 1-2** with squat landing and fall
- 6.) **Steps 1-2** with full landing
- 7.) **Short Approach Jumps** with landing



Closing

We went through a lot of information today. I truly hope this was beneficial for you, and everything made sense.

If you would like a copy of this presentation or would like any other materials/resources please email me at:

raewing@sunprairieschools.org

Any questions???