

## **Developing dynamic long jump technique**

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### **Approach**

The length of your athletes approach can be determined by many factors. Novice jumpers need to have an approach that's a little shorter to ensure that they don't decelerate as they approach the board.

As your jumpers advanced in skill and strength longer approaches are definitely useful.

- Set approach by running back from the board and even amount of steps starting with the planned take off foot.
- From that mark the run-up should be a gradual increase in speed, reaching maximum velocity at takeoff point.
  1. A checkpoint should be established at the first step that the athlete takes at the beginning of the approach.
  2. A second checkmark should be set approximately 8 to 10 strides down the runway.

## **Transition**

**Penultimate step** - Second to last step before takeoff.

Penultimate step puts you in the optimal position at take off.

Mistakenly it is called by some a drop-down step or a gather. I caution you in using these words with coaching your athletes; they may interpret this as stuttering or slowing down

- Shortening of your second to last step.
- Lowering your center of gravity

## **Takeoff**

At this point you want to slow your motion down, moving too fast during your takeoff rotation did nothing but cut off your level of ascent.

- Peaking
- Mid-foot plant
- Drive lead knee (Iron statue)

## **Jumping styles**

- Hang
  1. Novice jumpers
  2. Power jumpers

- Hitch kick
  1. Advanced jumpers
  2. Speed jumpers

## **Landing**

The biggest mistake that many novice jumpers make at this point is rushing to land in the sand.

- Keep shoulders square
- Slow Slow Slow
- Big “L” (Let the ground come to you)
- Get dirty

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