

# **Developing the young Triple Jumper**

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## Baseline

- Fitness
- Lower body strength
- No knee/ankle/lower back problems

## Developing a approach

Different from LJ, will probably be shorter, and a decrease in speed initially.

- Setting Mark
- Choosing board distance
- Make a tall visible mark
  - 1<sup>st</sup> step check mark
  - Coaches check mark

## Standing start

- Beginners
- More consistant

## Moving start

- Advanced
- Higher chance of fouling

## Jump Phases

### **The Hop**

It is important to control this phase. Unlike in the long jump the hop phase needs to be lower.

- Active plant ( Running off the board)
- Cycle heel to butt
- Drive knee up - toe up – pause –
- drive foot down and back
  - Arm action
    - Single
    - Double
    - Single into double

### Step Phase (Iron Statue)

- Drive knee up-toe up
- 90\* bend at knee
- Back leg – knee straight down
- Lower leg parallel to track
  - This is the toughest phase to perfect, need to hold the position as long as possible

## Jump Phase

- Proper position from step phase
- Single arm vs. double arm
- Lead knee-toe up
- Jump up and hold not out
- Get dirty

## Drills away from the sand

- Plyos
  - Single, double, alternating
  - L-L-R, R-R-L
  - Double Leg
  - Depth Jumps
  - Split jumps

Video analysis!

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