

DEVELOPMENT OF THE LONG JUMP

A LOOK INTO UW-OSHKOSH JUMPS PROGRAM

MY INFO

- Justin Kinseth- Head Track and Field Coach, University of Wisconsin-Oshkosh
- Email: kinsethj@uwosh.edu
- For videos, thoughts, and anything track related visit:
 - Twitter: @coachkinseth
 - YouTube Channel: Justin Kinseth

PRIORITIES IN DEVELOPING THE LONG JUMP

- 1. Instructing a proper "Penultimate Step"
- 2. Developing a Consistent Approach
- 3. Understanding Takeoff & Flight Mechanics
- 4. The Entry

THE PENULTIMATE STEP

- Simply the "Step Before Last", Sets up Proper Takeoff Position
- Last Two Steps are a Flat Foot Concept "Rocking Chair Principle"
- Hips remain high. Jump should feel reactive, not forced.
- Allows Essentially 3 Things to Occur:
 - Achilles is primed for takeoff.
 - Minimal Drop in Height Allows "The Bump" or "Hitting the Pot Hole"
 - Provides correct front side distance for the takeoff leg to enable proper rotation.

THE APPROACH

- Find each athletes fastest point of velocity. Build from there.
- 3 Phases to the Approach:
- Acceleration Phase "First 6 steps or 3 rights/lefts"
 - Must be consistent, this is where jumpers foul on the board 90% of the time.
- Rhythm Phase "Next 6-8 steps or 3-4 rights/lefts"
 - Athlete builds into the crescendo of the jump. Feels bouncy, relaxed, and fast.
- Gathering Phase "Last 4 steps or 2 rights/lefts"
 - Athlete must be aggressive through the board while keeping postural integrity.
 - Cue the athlete to feel "crowded at the board". Prevents reaching.
 - Athlete should feel reactive through the board, try to have the board the "scare you". DO NOT FORCE THIS PHASE.

TAKE OFF & FLIGHT MECHANICS

- The Takeoff:
 - Should be abrupt. Blocking of the free arm and leg should occur at 90 degrees.
 - Jumper should project OUT not up or forward.
 - Proper front side mechanics of takeoff leg, athlete should amortize force from absorption to propulsion. "Broom Stick Theory" or "Rigidiey" will allow the bump to occur.
- Flight Mechanics:
 - #1 Goal: SLOW ROTATION
 - Short Levers: Fast. Long Levers: Slow (Ice Skater and Fit the Hallway)
 - Sail vs. Hang vs. Hitch - There is no "better technique", only what slows rotation the best.
 - Sail- Hold the drive knee position, stay long with hands up, then leg chuse
 - Hang- Drive free leg, then drop both knee and hands, reverse "C", then leg chuse
 - Hitch- number depends on athlete, arms/legs create BIG cycles, punch-punch-leg chuse
 - Learn all 3, teach what comes natural to athlete.

THE ENTRY

- Most neglected of the 4 priorities, yet easiest skill to develop.
- 1st Phase: Lead with the Knees, then Deploy the Chute (Chair Drill)
- 2nd Phase: "Fit the Window" during leg chute. Knees Lead, Chest Drops, Eyes Up
- 3rd Phase: "Pluck and Pull"
 - Upon landing, extend and pluck feet into sand HEELS FIRST.
 - Quickly "pull", "collapse", or simply replace butt into feet marks. (Indiana Jones Switcheroo)
 - Finally roll off to the side with hands up and elbows in.


CUES I USE

- Push Out The Back: keep the first 6 steps consistent on runway
- Head Thru Ceiling: reminds jumper to keep strong posture and high hips
- Crowd the Board: prevents reaching, allows a reactive jump, not forced
- Big Punches: promotes aggressive knee & arm drive/blocking at takeoff
- Fit the Hallway: while in-flight, keeps jumpers long and slow thru rotation, no starfish
- Squeeze! (right before entry): Reminds jumper to fit thru the window before the pluck and pull into sand.

DRILLS/VIDEOS

- <https://www.youtube.com/watch?v=DyOp2BoYkoo> Entries/Dynamic Jumps
- <https://www.youtube.com/watch?v=LxAgKYCtoyE> Walk-in Penultimate Drill
- https://www.youtube.com/watch?v=cj6mGIY_xg Ramp Jumps Into HJ Pit
- <https://www.youtube.com/watch?v=0s1SaqphXog> Ramp Jumps Into Sand
- <https://www.youtube.com/watch?v=Tsm57LGxMK8> Penultimate Board Drill
- <https://www.youtube.com/watch?v=GTny8F2vlqw> Penultimate Board Drill #2
- <https://www.youtube.com/watch?v=5r0G-SrgWqo> Lauren Wrensch LJ
- <https://twitter.com/coachkinseth>

QUESTIONS?




DEVELOPMENT OF
THE TRIPLE JUMP

A LOOK INTO UW-OSHKOSH JUMPS PROGRAM



MY INFO

- Justin Kinseth- Head Track and Field Coach, University of Wisconsin-Oshkosh
- Email: kinsethj@uwosh.edu
- For videos, thoughts, and anything track related visit:
 - Twitter: @coachkinseth
 - YouTube Channel: Justin Kinseth



PRIORITIES IN DEVELOPING THE LONG JUMP

- 1. Instructing Proper Bounding Mechanics
- 2. Developing a Consistent Approach
- 3. The 1st Phase
- 4. The 2nd Phase
- 5. The 3rd Phase & Entry

PROPER BOUNDING MECHANICS

- Flat Foot Striking: The foundation of bounding
 - Core is locked in
 - Posture and hips are high
 - Must land with a heel-to-toe foot strike (Rocking Chair Concept)
 - Toeing is a defense mechanism
- Arms: Single vs. Double?
 - Single- Pros: Promotes Balance, Speed Between Phases. (Tightrope Walker)
Cons: Limited Propulsion
 - Double- Pros: More Powerful, Increases Distance/Propulsion.
Cons: Difficult to Maintain Balance
 - My Opinion: Speed Based Jumpers- Single Plyometric Based Jumpers- Double

THE APPROACH

- Find each athletes fastest point of velocity. Build from there.
- 3 Phases to the Approach:
- Acceleration Phase "First 6 steps or 3 rights/lefts"
 - Must be consistent, this is where jumpers foul on the board 90% of the time.
- Rhythm Phase "Next 6-8 steps or 3-4 rights/lefts"
 - Athlete builds into the crescendo of the jump. Feels bouncy, relaxed, and fast.
- Gathering Phase "Last 4 steps or 2 rights/lefts"
 - Athlete must be aggressive through the board while keeping postural integrity.
 - Cue the athlete to feel "crowded at the board". Prevents reaching.
 - Athlete should feel reactive through the board, try to have the board the "scare you". DO NOT FORCE THIS PHASE.

THE 1ST PHASE

- Skipping the Rock: Important to Preach Projecting Forward
 - Cueing OUT causes too much height/crashing
 - Run thru the Wall or Be Aggressive thru the Board
- The Pop-N-Drop
 - We pop the drive knee forward to immediately drop "lengthen"
 - Promotes a low center of mass to keep the rock skipping. (NO SCISSOR KICKS)
 - Takeoff leg then abruptly "tucks" under the butt for a BIG CYCLE. (Pick It UP)
 - Takeoff is now back in front and primed to PUSH UP into the 2nd Phase

THE 2ND PHASE

- 2nd Phase: Drive the Swing Knee!
 - Drive the Pop-N-Drop swing knee into a 90 degree bend (Hit the "H" Position)
 - Reminder: keep postural integrity and lock in core to maintain rigidity
- Go from an "H" to a "Y"
 - Next, extend the 90 degree bent "h" leg to promote an active landing (Hit the "y" Position)
 - Allows proper frontside distance to prevent over rotation
 - Emphasizes to lead with the heel and PUSH UP on ground contact

THE 3RD PHASE & ENTRY

- Most neglected, yet easiest skill to develop.
 - 1st Phase: Lead with the Knees, then Deploy the Chute (Chair Drill)
 - 2nd Phase: "Fit the Window" during leg chute. Knees Lead, Chest Drops, Eyes Up
 - 3rd Phase: "Pluck and Pull"
- Upon landing, extend and pluck feet into sand HEELS FIRST.
- Quickly "pull", "collapse", or simply replace butt into feet marks. (Indiana Jones Switcheroo)
- Finally roll off to the side with hands up and elbows in.

CUES I USE

- Push Out The Back: keep the first 6 steps consistent on runway
- Head Thru Ceiling: reminds jumper to keep strong posture and high hips
- Run thru The Wall: keeps jumper aggressive and promotes forward instead of OUT
- "H" to "Y": promotes jumper to lead the knee into 90 degree bend then extend out to prepare for impact/push into next phase
- Lead with the Heel: prevents toeing within bounding
- Big Arms: little arms= little phases
- Squeeze! (right before entry): Reminds jumper to fit thru the window before the pluck and pull into sand.

DRILLS/VIDEOS

- <https://www.youtube.com/watch?v=DmuM9Q34xJE> Standing TJs
- <https://www.youtube.com/watch?v=Mjt5vUk4iKo> Pop-n-Drop TJ Drill
- <https://www.youtube.com/watch?v=B6HF69fKrw4> 3 Step TJ Approaches
- <https://www.youtube.com/watch?v=xgm3VZyCBLU> TJ Variation Approaches
- <https://www.youtube.com/watch?v=0EFBdLlK7Q> TJ Box and Boards Drills
- https://www.youtube.com/watch?v=-j_6_VWfGSPQ Jono Wilburn Jump
- <https://www.youtube.com/watch?v=tdvWxQ7Gw8w> Cara Volz Jump
- <https://twitter.com/coachkinseth>

QUESTIONS?
