

Basics of the Triple Jump

2019 WISCTA CLINIC
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Goals of This Session

1. Discuss general thoughts about the event
2. List and demonstrate basic drills for the beginning jumper
3. Suggest coaching cues for each phase of the event
4. Share a few general coaching tips
5. Answer any questions

Coaching Progression

1. Began coaching Triple Jump in 1989 @ Fort Atkinson High School (5 years)
2. Coached @ Pittsville High School 4 years
3. Coaching @ Brillion High School since 1999
4. Athletes have qualified for state meet 11 times in Triple Jump (boys and girls)

Brillion Track & Field

1. Typically 50-70 athletes out for co-ed track
2. School enrollment 320-340 students
3. Emphasize field events as a way to be consistently competitive each season
4. Develop triple jumpers
5. Boys & Girls school record holders @ Brillion
6. 4 different coaches have coached TJ.... All have had success coaching this event

General Thoughts on the Triple Jump

1. Most "overcoached" & "undercoached" event
2. Many times the landing of the first 2 phases is neglected.
3. An athlete with basic core strength & balance can become successful. Speed is not imperative.
4. Patience is key in development

Thoughts on the Approach

1. 7 - 8 step Approach
2. Fall Start (consistent first step)
3. First Step with jumping foot
4. Get a solid 3-4 step approach for drill work
5. Rule of 3 before adjusting at meets
6. Are they running straight?

General Developmental Drills

1. Learn to land properly
2. Check for weaknesses
3. Posture & Balance
4. Opportunity to begin using event coaching cues (begin coaching the event using these basic developmental drills)

Depth jump (drop)

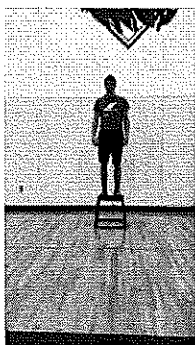
The most basic landing drill ever
Confidence builder

Coaching cues:

- Land forefoot to flat foot
- Posture
- Eyes up
- Use your shock absorbers (ninja)
- Check for weakness (knees/balance)

Lead into:

- Drop – Hop – Hop (double leg)
- Single Leg Drop



Split Jumps

Beginning drill for step phase
Use this before bounding

Posture stay tall

Drive off both feet

Activate glutes

Try to stay split (Front Knee)

Lead into:

Alternating split jumps

Bounding



Tuck Jumps

Beginning drill for the hop phase
 Start talking about heel to butt
 Stay tall ... knees to chest, not chest to knees
 Start talking about ground contact
 Lead into:
 Double leg broad jumps
 Box Jumps



General Coaching Tip #1

- Beware of "success" with gifted athletes early in your coaching career.
 - Can limit your growth as a coach
 - Can lead to a false sense of confidence
 - Can lead to disappointment and frustration later
 - Can cause you to ignore/fail to recognize technique flaws

Teaching the Hop Phase

- Key Coaching Cues
- "Out" not "Up"
 - "Run off the Board" not "Attack"
 - "Cycle" the Hop leg (Active landing)
 - "Load" the Step
 - Spend time in the air without elevation (hop over)
 - Avoid over rotation

Single Leg Cone Hop & Stick

- Teach the cycle
- Balance coming off the hop
- Heel to butt
- Flat foot over top of cone
- Slap the stick landing



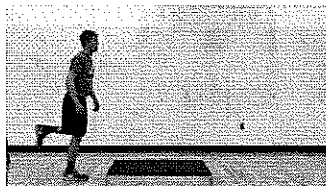
Single Leg Hop & Kick the Cone

- Active landing
- Push back at end of hop phase
- Flexible cone with top slits
- "Crush the Cone"



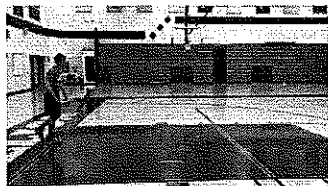
Low Box Hop and Stick

- Balance & Posture
- Hold for a 3- 4 count
- Should have a loaded step leg
- Try to land middle to back half of box
- Eyes out



Standing 3 Hop Series

- Beginning to build the jump
- Focus on posture maintenance on all 3 jumps
- Load the step leg
- Coach this drill using all hop phase cues to be used in competition



Additional Hop Phase Drills

- Pit hop and stick (check the footprint)
- Hop-hop-split in sand
- Ramp hop series
- Resistance band hop series
- Back and forth hops

General Coaching Tip #2

“Talk Less.... Listen More”

- Creates ownership in event and team
- Take coaching cues from athlete feedback
 - “How do you feel?”
 - “Do you feel the difference?”
 - “What do you think you need to work on?”
 - “Where are we as team?”
 - Prevents over coaching
 - Feedback allows you to respond to the needs of that particular athlete and/or team at that particular time.

Teaching the Step "Bound" Phase

- Key Coaching Cues:
 - Out and up
 - Begins with loading at the end of the hop
 - Bound not step
 - "Ride" never "Reach"
 - Avoid over rotation
 - Prepare for active landing by "pulling under"

Split Swings

- Proper Split Position
- Great for posture and avoid over rotation
- No pounding on the legs
- Knee up toe up



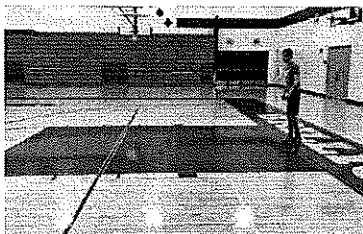
Standing Bound & Stick

- Bound leg is loaded
- Aggressive drive to position
- Check posture
- Active landing
- Hold balance 3-4 seconds



Bound & Stick Series

- Still working on load & split
- Still working on balance
- Try to stay off heel
 - Lead into consecutive bounds



Additional Bound Phase Drills

- Repeat bound series
- Ramp bounds
- Resistance band bounding

General Coaching Tip #3

- **When communicating with athletes.....**
 - Eliminate "I", "Me", "My", "Mine" (repels kids)
 - Replace with "We", "Us", "Our", "Your"
 - It's not your team, it's our team
 - Don't worry....if you are doing things right kids will know who is in charge (no need to constantly remind them)

Hop/Bound Drills

- Continue to build the jump
- Start with standing drills lead up to short walk-up or run-ups to help momentum into the drill (Be careful going too fast!)

Low box Hop, Bound, Stick

- Putting hop and bound phase together, but still at a controlled speed that can be handled
- Can add a walk up
- Can be challenging to stick the landing on this drill



Hop – Bound – Bound Series x 2

- Begin focusing on maintaining horizontal energy throughout the jump
- Load the bound
- Start to emphasize active landing, ground contact and arms.
- Can use walk up or jog up to help get them going

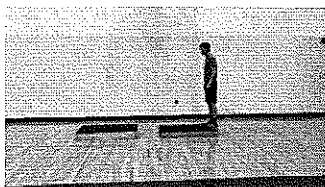


Thoughts on the Final Phase

- Largely dependent on how speed has been maintained in first 2 phases. (Active landing? Loading the bound? Posture?)
- Get elevation with whatever speed is left
- Need elevation in order to get the feet through to a landing position

Low Box Depth LJ Drill

- Settle the hips on penultimate
- Explode off the ground
- Get height
- Other final phase drills
 - Box – Hop – Bound – LJ into sand
 - Box Bound – LJ into sand
 - LJ into PV Pit
 - Resistance band skips



Questions??

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