

The Triple Jump

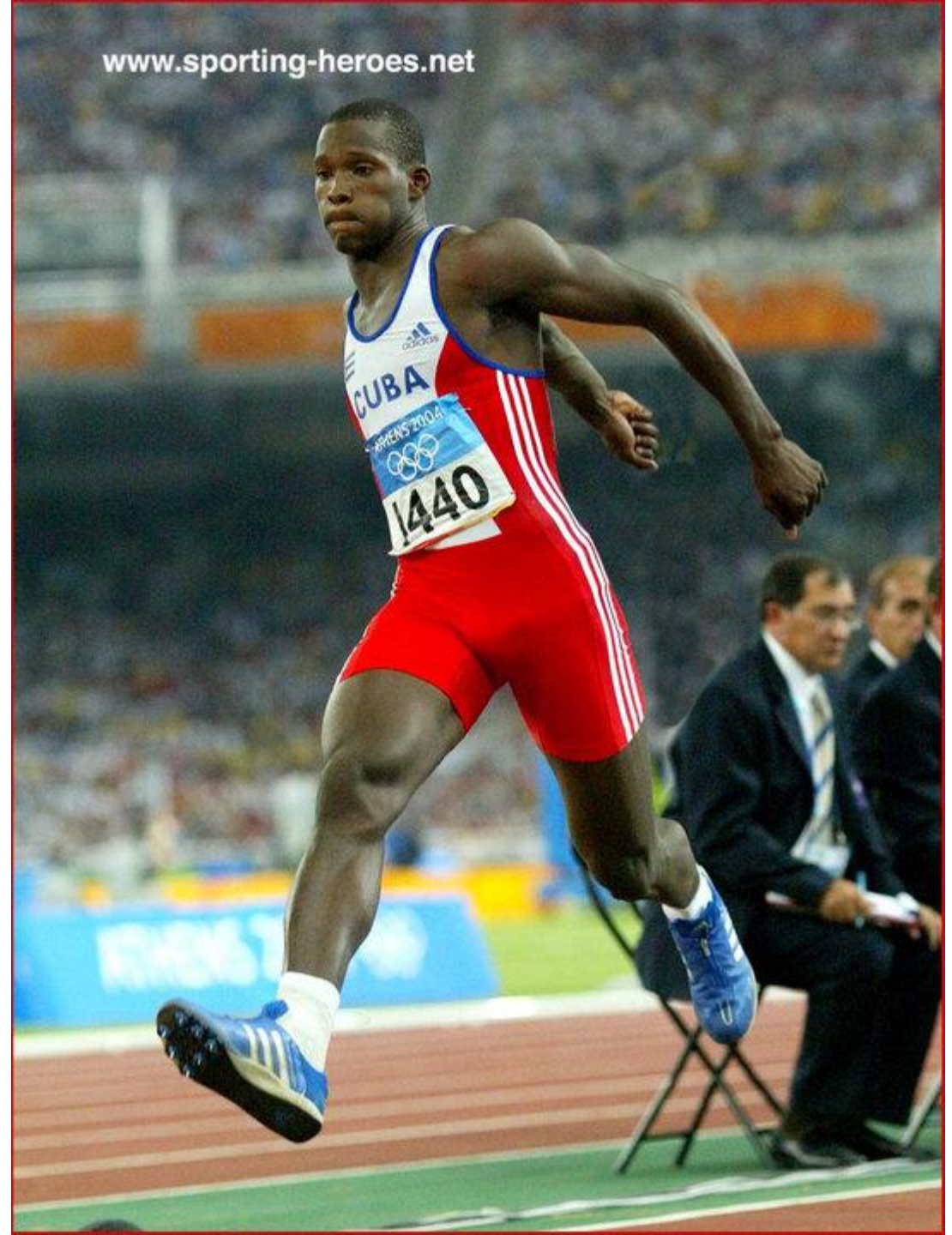
Making a complex event simple



Eli Sunquist and Christian Taylor

Keys to the Triple Jump

- Speed down the runway
(velocity you bring INTO the jump)
- Speed throughout the jump
(velocity you keep THROUGHOUT the jump)
- Body posture throughout the jump
- Patience in the air
- Speed off the ground
- RHYTHM of the jump

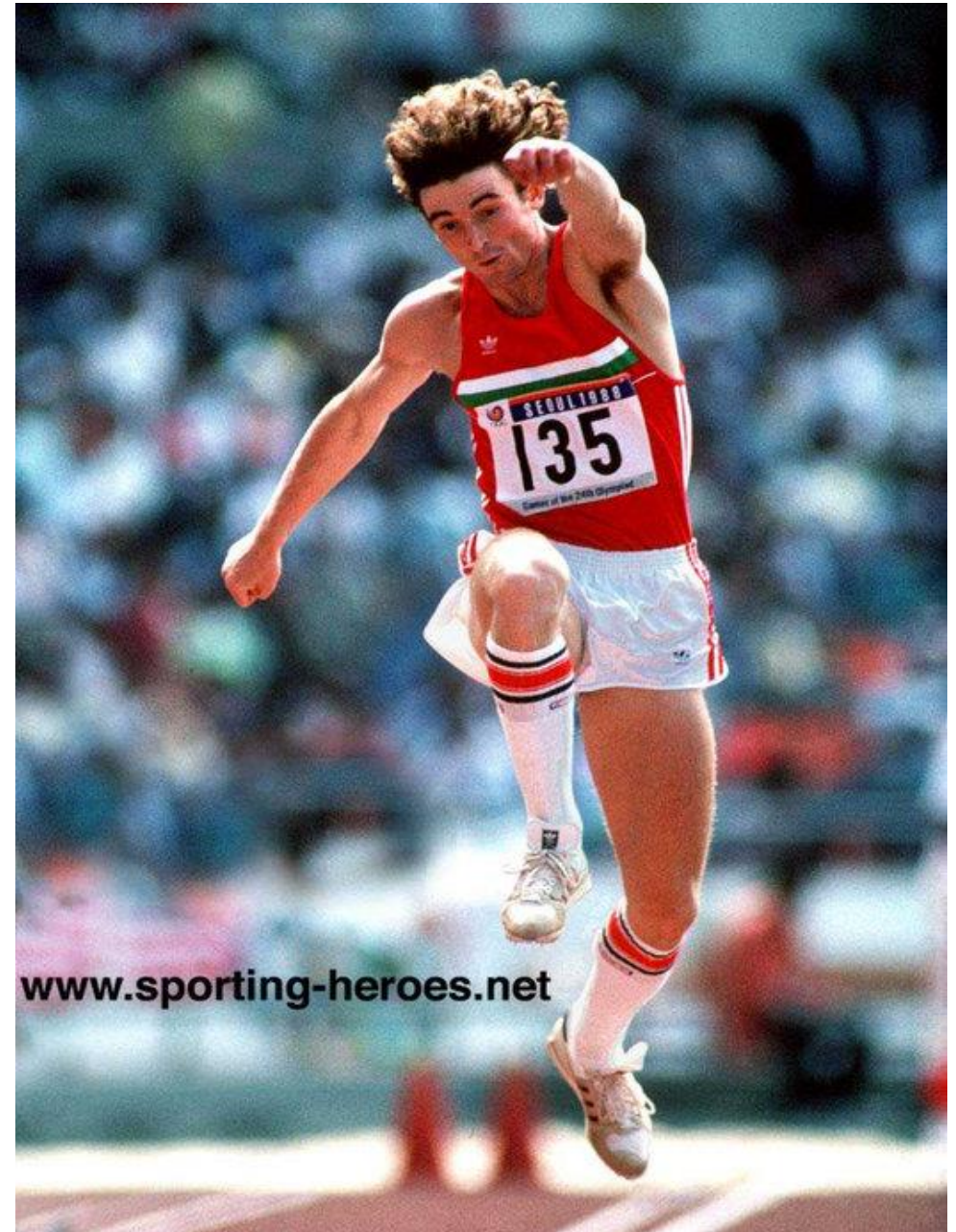


Approach Run

- Must find a length that works for each athlete
- For most high school girls, it should be around 12-14 steps (65'-80')
- For most high school boys, it should be around 14-16 steps (80'-95')
- Key of approach run is to bring as much speed as you can into the board, WHILE being in a tall posture to keep your speed and balance throughout the entire jump.
- Most high school jumpers should start from a static start, to ensure accuracy in the approach (take out un-necessary variables)

1st phase (Hop phase)

- Most coordinated leg
- Slow, reflexive cycle of takeoff leg
- This is not to be rushed
- Patiently leave your takeoff leg on the board, then slowly bring it back out in front of you
- Good tall posture in the air
- Be prepared to takeoff again into your next phase (don't "land" on 1st phase, "takeoff" into the 2nd)



2nd phase (Step phase)

- Whatever happens in this phase is COMPLETELY because of what happens in the phases before (run, takeoff, 1st phase)
- Key in this phase is same as phase before- nice tall posture, patience in the air, and not rushing the contact with the ground
- Cue “holding” or “patience” in this phase
- 2nd phase “flow chart” is online and is a great help to coaches



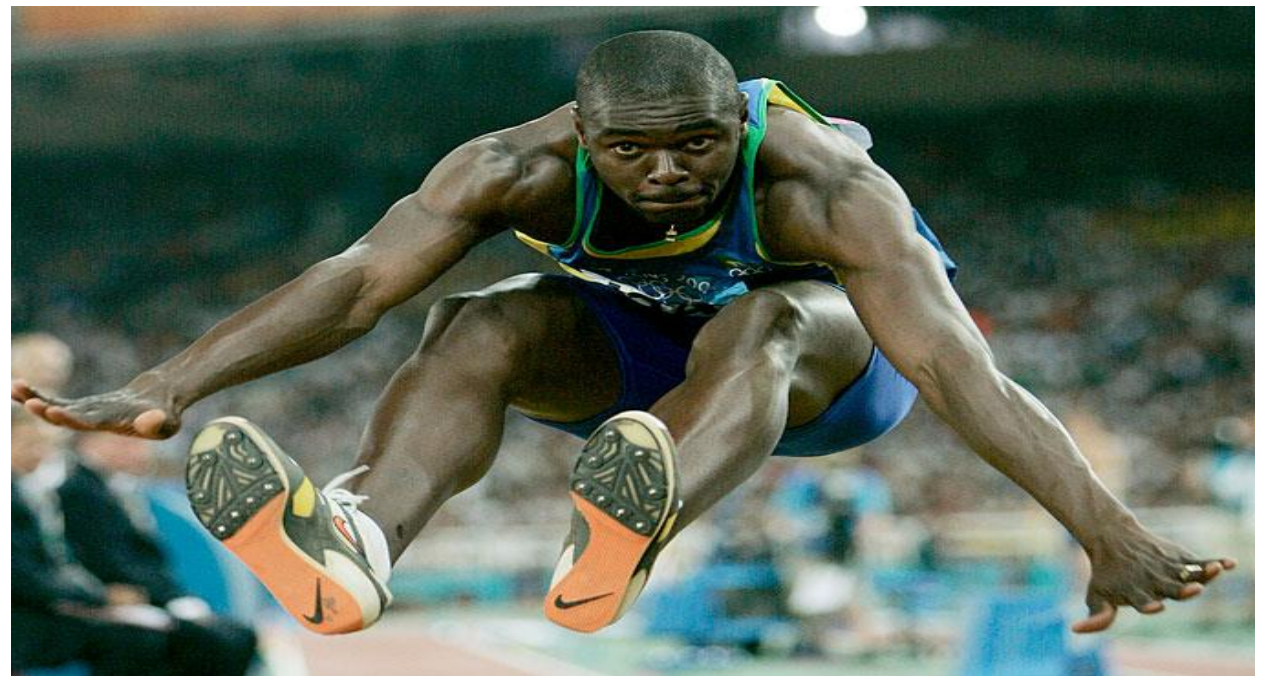
3rd phase (Jump phase)

- Key to this phase is to get maximal distance based off of what velocity is left
- First two phases athlete should be thinking “out”, this phase athlete should be thinking “up and out”
- Do not rush the landing, stay patient in this phase as well
- One key is to get into good position in air for an effective landing to maximize distance



Triple Jump Landing

- Unique for each athlete
- Spend least amount of time on this aspect of the jump
- Good fundamentals include getting the feet out in front of body, arms sweeping down past the legs, as soon as heels make contact with sand, the hips should slide through in order to get hips and body as close to the heels as possible.



How to teach a beginner the triple jump

- First thing is to teach easy bounding drills for rhythm
- After bounding drills (hops, bounds, rr-ll) ask athlete what leg feels more coordinated
- Always start off with either rr-ll or ll-rr to make the event simple
- Over time take out the last contact with the ground



Bounding Drills

- Hops (do on both legs) for rhythm
- Alternate bounding (working on rhythm, not distance)
- RR-LL or LL-RR (again working on rhythm)
- As time goes on work for more distance, with more speed



My experience, including switching take off legs!



2015, right, right, left



2012, left, left, right

Great Triple Jump Resources

- www.sacspeed.com
- www.completetrackandfield.com (Boo Schexnayder videos)
- <https://www.youtube.com/user/ATHLETICJUMPS>
- “Winning Jumps and Pole Vault” - Ed Jacoby (2008)
- “Triple Jump” - Ted King (1996)
- USATF or USTFCCA coaching courses (can be found online at <http://www.usatf.org/Resources-for---/Coaches.aspx> or <http://www.ustfccca.org/track-and-field-academy>)
- Find coaches who know the event and reach out to them. MOST good coaches are happy to help other coaches