Considerations for the Triple Jump

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Overview

- Commonalities
- Considerations for the Approach
- Considerations for the Jump/Phases
- Drill Progression
- Program Design
Commonalities

- Acceleration
  - Body Angle/Shin Angle
  - Complete Extension of Joints
- Arm Action
Commonalities

- Posture
  - Ankle/Hip/Shoulder Alignment
  - Summation of Forces
  - Maintenance thru Takeoff and Jump
Commonalities

- Ankle Dorsiflexion
  - Pre-Tension in Foot
  - Toes Up
Commonalities

- Sprint Mechanics
  - Vertical Pushing
  - Combination of Posture/Acceleration/Dorsiflexion
  - Maximal Velocity Running
Commonalities

- Flight/Jump Mechanics
  - Maintenance of Posture
  - Conservation of Rotational Forces
  - Free Leg Cycling
  - Preparation for Landing
  - Landing Considerations
Approach Considerations

- Starting Point Dependant on Several Factors
  - Strength of Athlete
  - Speed of Athlete
  - Experience of Athlete

- Do not allow athlete to have more approach than they can handle
Approach Considerations

- Acceleration Mechanics
  - Starting Position
  - Complete Pushes
  - Large Amplitude of Movement
  - Postural Maintenance
  - Transition to Maximal Velocity
Approach Considerations

- Maximal Velocity Mechanics
  - Maximal vs. Ideal Velocity
- Foot Contacts
- Vertical Pushing
- Conservation of Posture
Approach Considerations

- Takeoff Preparation
  - Last 4 Steps Prior to Takeoff Critical
  - Focus on Vertical Pushes
  - Flat Contacts on Last Two Steps
  - Little/No Lowering of Center of Mass
Approach Considerations

- Takeoff
  - Foot Contact
  - Complete Extension
  - Postural Alignment
  - Hip Displacement
  - Leg Swing/Knee Drive
- Arm Action
  - Double vs. Single Arm
Phase Considerations

- Hop Phase
  - Takeoff Angle/Run Off Board
  - Conservation of Rotational Forces
  - Extension and Cycle of Free Leg
  - Maintenance of Posture
  - Landing Foot Contact
Phase Considerations

- Step Phase
  - Leg Swing vs. Knee Drive
  - Vertical Pushing
  - Maintenance of Posture
  - Preparation for Landing
  - Patience
Phase Considerations

- **Jump Phase**
  - Very Similar to Long Jump
  - Typically “Hang Style”
  - Vertical Pushing/Complete Extension
  - Hold On

- **Landing Considerations**
Training Inventory

- Many roads to Rome
- How more important than what
- Identify necessary components
  - Plyometrics/Stretch Shortening Cycle
  - Sprint Mechanics
  - CNS Demands
Drill Progression

- Remedial Bounding
  - Hop/Bound/LLRR
- Box Drill
  - Teaches Push/Swing/Posture
- Short Approach Work
  - 4-8 Step Approaches
  - 2 Hop Triple Jumps
Training Design

- Complimentary vs. Compatibility
  - Key to training design is understanding demands placed on the body
  - Complementary training requires different demands, allowing one system to recover
    - Example: high demand plyometrics followed by general strength work
  - Compatible training places similar demands on body and its systems and should be used together
    - Example: high demand plyometrics and olympic lifts
Training Design

- Every Day is Triple Jump Practice!!
  - Regardless of the exercises performed, be sure to know the “why” of what is done
  - Never sacrifice quality for quantity
  - Look for teachable moments from warm up to cool down