

Triple Jump
Presented by Richard Booth

1. How fast will you run through the board?
2. Approach: Too short is better than too long; probably 12-16 steps.
MUST STAY AGGRESSIVE!!
3. Athletes check mark 6 steps off back of runway. Coaches check 4 steps from the board.
4. Consistency is most important: 100% is easier to duplicate than 89%, 92%, 97%, etc.
5. Single arm take-off... don't prepare for double arm... it slows you down.
6. Flat trajectory (skipping stone, not bouncing ball)
7. Body posture is tall with eyes straight ahead.
8. Arm punch: Use double arm for step and jump phases. From position extended behind body swing arms past hips to block at eye level. Recover arms slightly out for balance.
9. Support phase- As the foot contacts the ground the emphasis is on the recovery knee driving through to a parallel thigh position.
10. Knee should lead with foot tucked under (landing gear up). Lower leg extends and pulls from the hip getting foot back under hips with an active snatching or pawing motion.
11. Phase ratios: 35-25-40 jump dominate through speed conservation.
12. Landing - arms up , head back, hang technique with long pull - hands past feet ... past seat... "chicken wint" to prevent hands from touching the stand.

SPEED...POSITIONS...INTENSITY

