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Coaching the Long Jump A Holistic Approach by Coach Joe Walker, Jr. University of Mississippi -Ole Miss. ... 4 Parts to the Long Jump • Approach • Take-off • In the Air • Landing. The Approach • Speed: the most dominant factor

Coaching the Long Jump - USTFCCA

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Good technique on the approach and takeoff can increase the length of a jump immensely. A 12-19 stride approach is optimal. The longer the better for experienced and conditioned athletes. Gradual acceleration with a slight lean forward is the first key aspect. At this point in the long jump technique, the athlete should also be leaning forward.

Long Jump Technique - TeachPE.com

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LONG JUMP DRILLS. 1. Approach work, approach work, approach work..... 2. Short run jumps- 6 to 10 strides 3. Short run jumps to a raised take-off. 6 to 10 strides to a box will elevate the jumper and allow for flight technique work. Landing in the vault or high jump pit is excellent for this drill. 4.

TRAINING AND DRILLS FOR THE RUNNING LONG JUMP

ASA COACHING MANUAL FOR JUMPS Compiled by Hugo Badenhorst and edited by Martin Marx . 1 ASA MANUAL FOR COACHING JUMPS CONTENTS PAGE ... LONG JUMP 9 Introduction 9 Safety and equipment 9 Technique 10 Learning skills 12 Fault analysis 13 TRIPLE JUMP 13 ...

ASA COACHING MANUAL FOR JUMPS - Athletics

Long jump is an activity that is potentially low in activity time. Generally there is only one landing area that must be shared among the entire group. Thus the coach must look for ways to keep the group active and engaged, and allow each athlete as many jumps as possible in the time available.

How to Teach Young Athletes to Long Jump | Coaching Young ...

Ken Hunt (Brown University) (Associate Clinician) Ken Hunt joined Brown's coaching staff in 2012 and coaches the men's and women's horizontal jumps, vertical jumps, and multi-events. Entering into just his second year, the Bears have made stellar improvements under Hunt's direction as he has coached 12 All-Ivy athletes, 17 performers onto Brown University's All-Time Top Ten list, 4 ...

2020 Jumps - Complete Track and Field Clinic

ASA Level 1 Coaching - Sprints - Hurdles - Relays: PDF: Download: ASA Level 1 Coaching - Distance Races - Middle - Long - Steeple - Walk: PDF: Download: ASA Level 1 Coaching - Jumps - Long - Triple - High - Pole: PDF: Download: ASA Level 1 Coaching - Throwing events - Shot - Discus - Hammer - Javelin: PDF ...

ASA Level 1 Coaching - Athletics South Africa

American Mike Powell broke Bob Beamon's long-standing world long jump record at the 1991 World Championships, with a leap measuring 8.95 meters (29 feet, 4½ inches). He won six U.S. long jump championships, two world championships plus a pair of Olympic silver medals. He went on to coach jumpers, both privately and at UCLA.

Mike Powell's Advice and Drills for Long Jumpers

Coach of the Year Clinic Manual: Drills, Game Planning; General; Health and Conditioning; Leadership; Live Clinic Sessions; Mental Training and Factors; MHSFCA Annual Clinic; Motivation; OHSFCA; Practice Planning; Professional Development; Sports Medicine: ... Mike Powell's Coaching the Long Jump. \$20.00.

Track & Field - Individual Fundamental Skills and ...

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1. Long Jump Run-Up Velocity, Freelap USA - A lot of the long jump performances have been stagnant or regressed over the last few years, and many point to the run up velocity as being part of the cause. You have several testing parameters that address max speed and acceleration, but include 150 m test.

Long and Triple Jump Training - An Interview with Boo ...

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Ivana Spanović Long Jump Training Program by Goran Obradović. Ivana is a Serbian long jumper, reigning World indoor champion and reigning European indoor champion. In 2013, she became the first Serbian track and field athlete to win a medal at the IAAF Outdoor World Championships.

Ivana Spanović Long Jump Training Program | RunnerUniverse

long jump, triple jump, run up, jump run up, long jump take off, take off, triple jump take off Facebook 0 Twitter Linkedln 0 Reddit Tumblr Pinterest 0 0 Likes Athletics Australia