

Posture, Power, and Performance Relationship

- General overview of posture, and teaching it as a learned skill.
 - Drills and cues that are commonly used to teach that skill in each event.
 - o Pictures and videos demonstrating both of these.
1. Long Jump
 - a. Approach – 3 Phases: Drive (forward lean), Transition (working to tall), Sprint (Vertical Running)
 - b. Takeoff – How forces are transferred through the body into the ground in different postural positions.
 - c. Flight – How rotation is affected in the air by posture at takeoff
 2. Triple Jump
 - a. Approach – 3 Phases: Drive (forward lean), Transition (working to tall), Sprint (Vertical Running)
 - b. Hop, Step, Jump – How forces are transferred through the body into the ground during each phase of the triple jump.
 - c. Flights – How rotation is affected in the air by posture in each phase.
 3. High Jump
 - a. Approach - 3 Phases: Drive (forward lean), Transition (working to tall), Technical Run
 - b. Takeoff - How forces are transferred through the body into the ground in different postural positions.
 - c. Flight – How rotation is affected in the air by posture at takeoff