

Boo Schexnayder

Technique and Accuracy in the Horizontal Jump Approach

Horizontal Jump Approach Basics

- Approach Length
- Odds and Evens
- Choosing the Starting Foot
- Choosing the Jumping Foot
- Long and Triple Jump Differences

Phases of the Approach

- The Start
- The Drive Phase
- The Continuation Phase
- The Transition Phase

The Start

- Mechanics of the Start
 - Simplicity and Consistency
 - Stance & Shins
 - Hip and Shoulder Positions
 - Weight Distribution
- Types of Starts
 - The Crouch Start
 - The Rollover Start

Approach Starts



The Drive Phase

- Momentum Development
- Mechanics of the Drive Phase
 - Frequency
 - Displacement
 - Range of Motion
 - Progression of Body Angles
 - Achieving Good Posture
 - The Head
 - The Hips

The Wall Drill

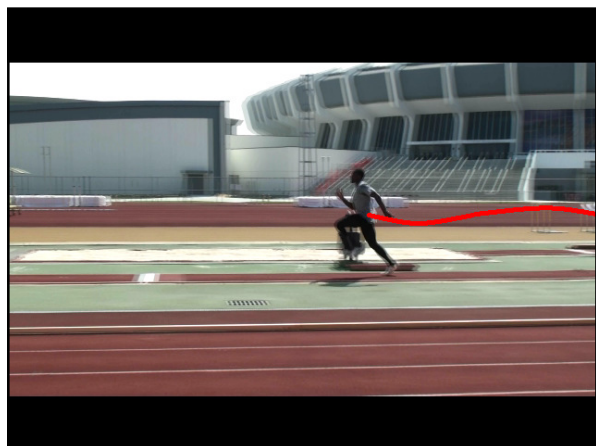


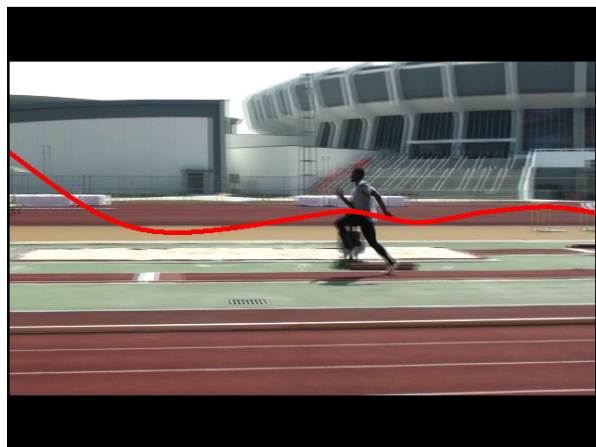
Resisted Runs

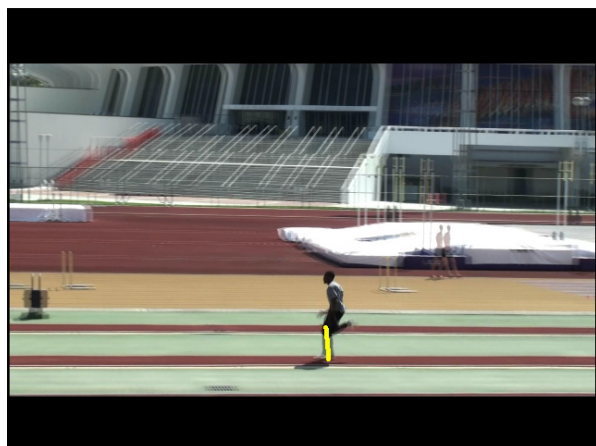


The Continuation Phase

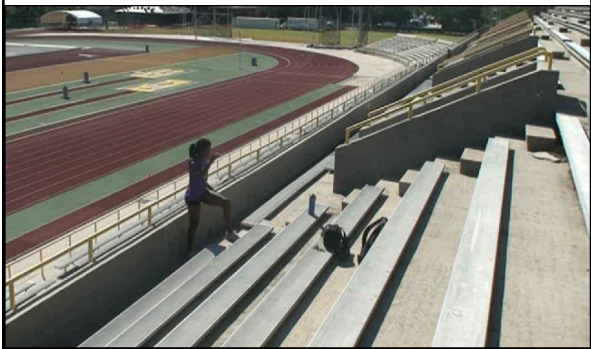
- Conservation and Preservation
 - Posture
 - Range of Motion
- Frequency Development
- Vertical Pushing
 - Establishing a Vertical Motor Environment
 - Examining Shin Angles







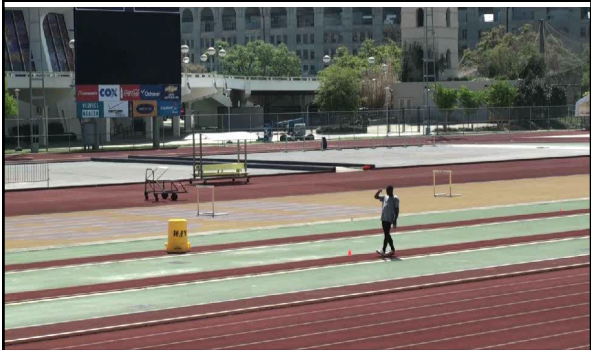
Stadium Runs



The Transition Phase

- Conservation and Preservation
 - Posture
 - Range of Motion
 - Vertical Motor Environment
- Frequency
- Common Problems
 - Diminished Amplitude
 - Excessive Frequency Increase
 - Lack of Momentum
 - Steering and Accuracy Issues

The Horizontal Jump Approach



Developing the Approach

- Developing the Start
- Teaching Acceleration Mechanics
- Teaching Continuation Mechanics
- Assembling the Approach
- Transferring the Approach
- Adding the Takeoff

Approach Assembly

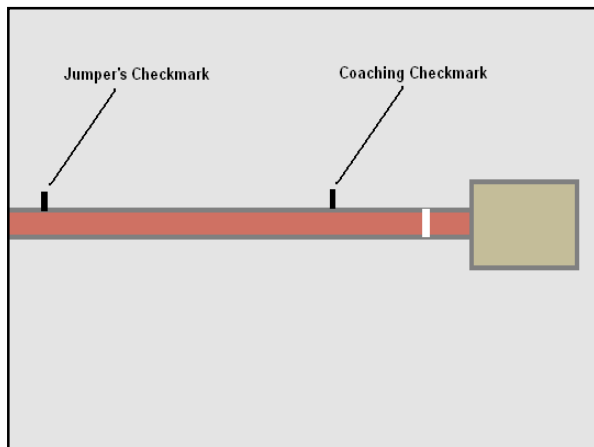


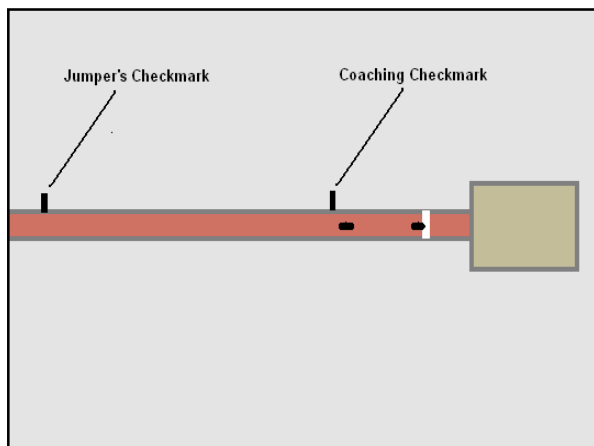
Visual Focus in the Approach

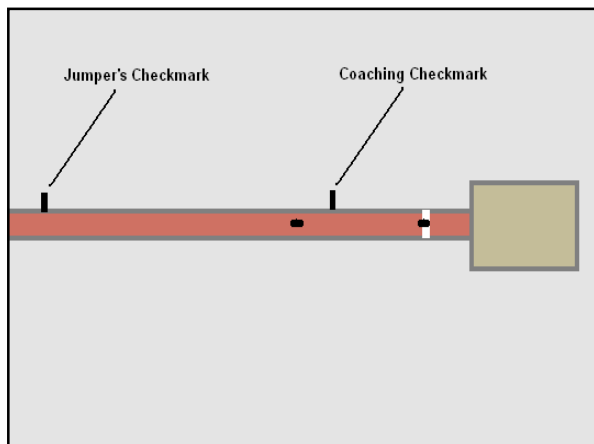
- Steering and Target Tracking
- Visual Focus in the Phases
 - The Drive Phase
 - The Continuation Phase
 - The Transition Phase

Approach Management

- Stride Length/Frequency Factors
- Managing the Drive Phase
- Momentum Needs
- Checkmark Plans







Approach Management

- Posture and Steering
- Tracking, Technique, and Steering
- Managing Wind

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