

- 1 **The Long Jump
Technique & Teaching**
Boo Schexnayder

- 2 **Prepreparation in the Long Jump**
 - Oscillations of the Center of Mass
 - Relationship to Preparation and Takeoff
 - Shin Angles

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- 6 **Prepreparation in the Long Jump**
 - Foot Locations in the Final Steps
 - Takeoff Step and the Third to Last
 - Penultimate Step and the Fourth to Last

- 7 **Preparation in the Long Jump**
 - Lowering the Center of Mass
 - The Penultimate Step
 - Foot Contacts
 - Location
 - Patterns
 - Lowering and Direction
 - Continued Displacement

- 8 **Preparation in the Long Jump**

- 9 **The Long Jump Takeoff**
 - Foot Contact
 - Location
 - Patterns
 - Path of the Body's Center of Mass
 - Horizontal
 - Vertical
 - Swinging Segments

- 10 **The Long Jump Takeoff**

- 11 **Teaching Preparation & Takeoff**
 - Fundamental Drills
 - Skipping for Height & Distance

- Run – Run – Jump
 - Hurdle Jumps
 - Run – Run – Jump as a Teaching Progression
 - Preliminary Variations
 - Advanced Variations
 - Specific Teaching
 - Starter Long Jump Takeoffs
 - Short Run Takeoffs
 - Short Run Jumps
- 12 **Skips for Height**
- 13 **Skips for Height – Key Positions**
- 14 **Skips for Height – Key Positions**
- 15 **Skips for Distance**
- 16 **Skips for Distance – Key Positions**
- 17 **Skips for Distance – Key Positions**
- 18 **Hurdle Jumps**
- 19 **Hurdle Jumps – Key Positions**
- 20 **Hurdle Jumps – Key Positions**
- 21 **Run-Run-Jump**
- 22 **Run-Run-Jump as a Teaching Platform**
- 23 **Starter Long Jumps**
- 24 **Long Jump Takeoffs**
- 25 **The Long Jump Flight Phase**
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 - Initial Movements
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 - Hang
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 - Teaching Practices
 - Cycling Finishes
 - Repetitive Takeoffs
 - Hurdle Jumps

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 - In Flight Movements
 - Timing
 - Arm Sweep
 - Leg Extension
 - Torso Position
 - Post Impact Movements
 - Torso Position
 - Absorption
 - Kickout or Turnout
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