

Boo Schexnayder

## The Triple Jump – Technique and Teaching

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## Teaching Philosophy

- Teaching Running Skills
- Teaching Jumping and Bounding Skills
- Teach the Single Leg Takeoff
- Polish the Hop Phase
- Progressively Add Intensity

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## Teaching Bounding Skills

- Components
  - Fundamental Drills
  - Remedial Horizontal Bounds
  - Intermediate Horizontal Bounds
  - Vertical Bounds
- Philosophical Approach to Teaching
  - Vertical Bounds and Pelvic Control
  - Vertical to Horizontal Progression
  - Safety Issues

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## Bounding Skills

- Postural Skills
  - The Head
  - The Pelvis
- Contact Skills
  - Contact Patterns
  - To Grab or Not to Grab
- Swinging Segments
  - Arms
  - The Free Leg

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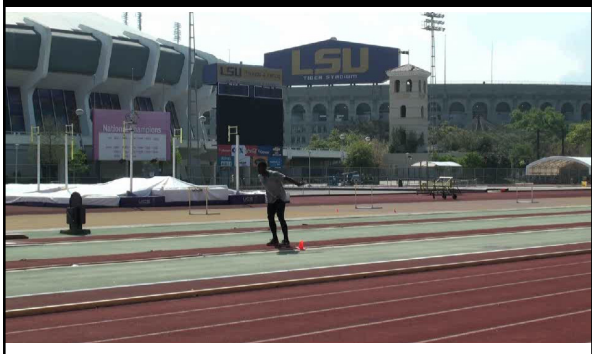
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## Bounding Skills



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## Bounding Skills in the Triple Jump



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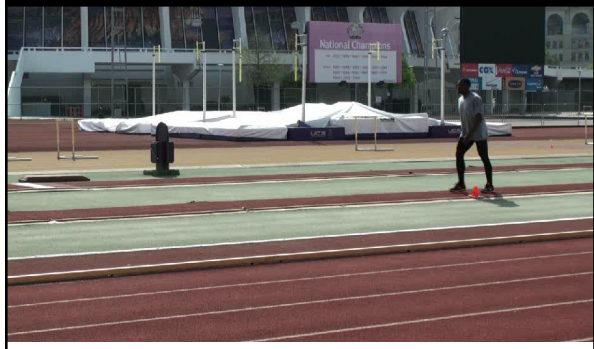
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### Skips for Height



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### Skips for Height – Key Positions



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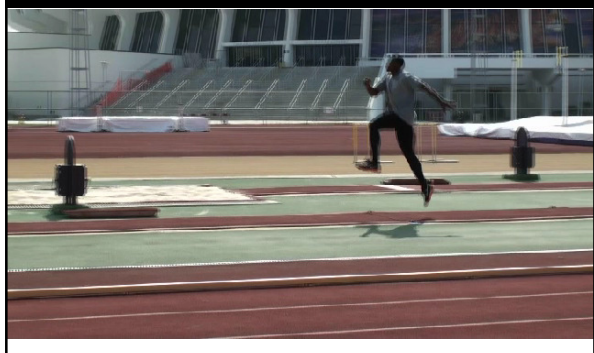
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### Skips for Height – Key Positions



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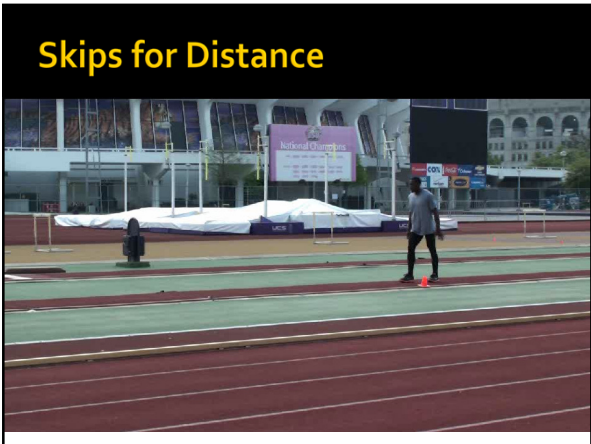
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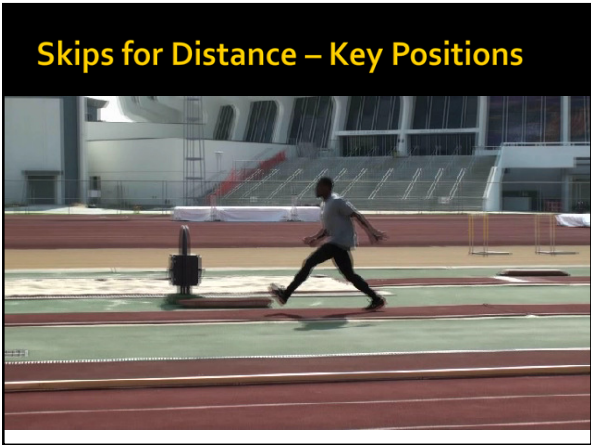
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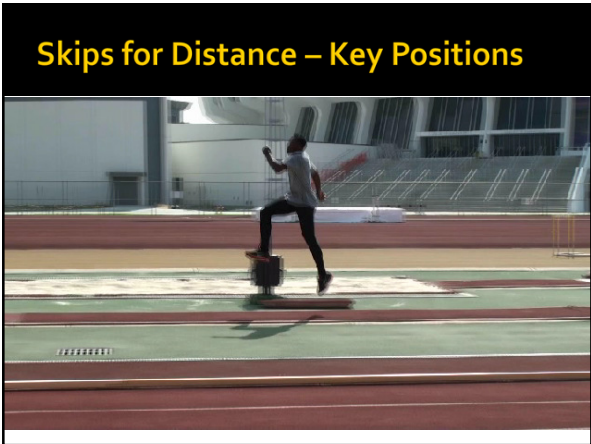
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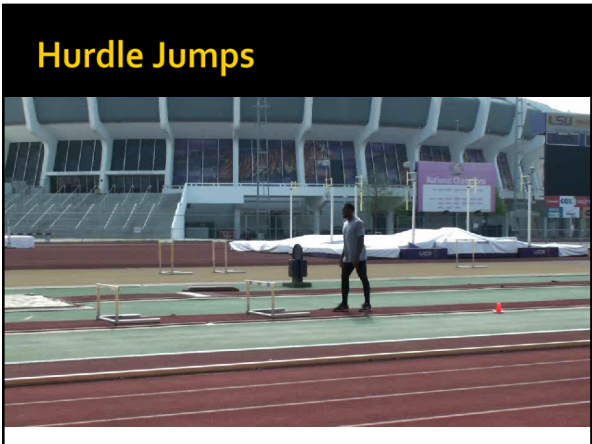
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### Remedial Horizontal Bounds



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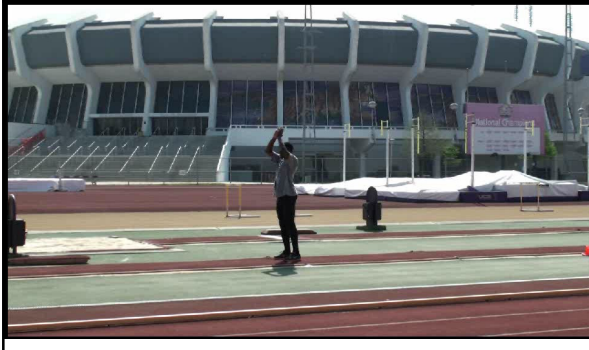
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### Intermediate Horizontal Bounds



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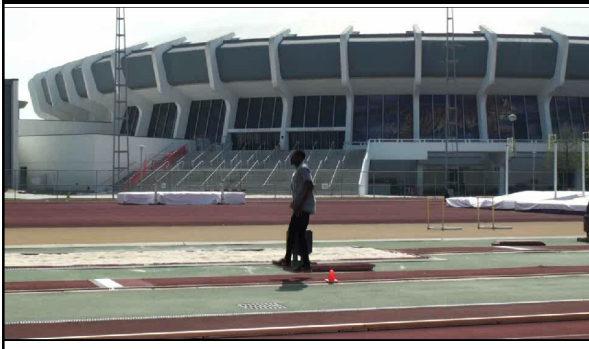
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### Vertical Bounds



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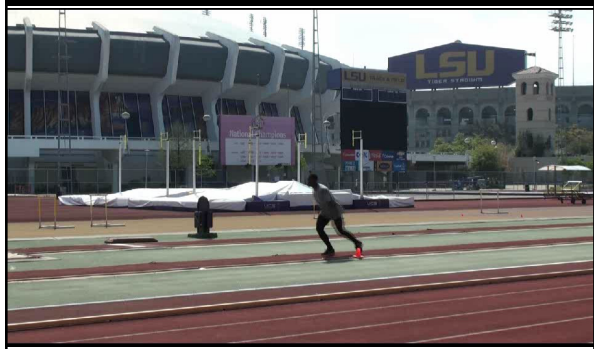
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## Advanced Horizontal Bounds



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## Triple Jump Takeoff

- Preparation - Minimal or Absent
- The Takeoff
  - Foot Contact
    - Location
    - Contact Patterns
  - Displacement
- The Free Leg
  - Modifications
  - Thigh Push

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## Triple Jump Preparation



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### Triple Jump Takeoff



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### Teaching the Takeoff - Staggered Start Jumps



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### Teaching the Takeoff - Walk Ins



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## The Hop Phase

- The Hop Leg
  - Passive and Patient
  - Reflexes
  - Symmetry – Reality and Perception
  - Common Errors
- The Free Leg
  - Active Extension
  - Rotation Control & Maintaining Contralateral Movement

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## The Hop Phase



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## The Step Phase

- Step Quality and Pelvic Alignment
- Cause and Effect Coaching
- Trajectory
- The Swing
  - Extension
  - Postural Preservation

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### The Step Phase



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### The Jump Phase

- Trajectory
- Cause and Effect Coaching

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### The Jump Phase



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### Starter Triple Jumps



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### Short Approach Triple Jumping



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