## Ohio Coaching clinic long jump outline

Title: Holistic and simple approach to coaching the Long Jump

- 1. Coach the jumper and not just the jump.
- 2. Speed event
- 3. Approach and takeoff are most important part
- 4. Getting an approach
- 5. 2 and 4.5 meter marks to aid in coaching
- 6. Training drills
- 7. Sprint training
- 8. Mental aspect of the jump