

Middle School Long Jump
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The Primary Objectives

- A Short Sprint
- A Tall Take-off
- A Patient Flight
- A Long Landing

Important Concepts to Teach

Approach Speed is the #1 Component

Develop a consistent run and hit the board @ each attempt

Convert your speed to jump off the board

In flight mechanics will vary. Understand how body positions will affect the jump

Landing positions will vary, but leg extensions must be taught

Phases of the Long Jump

Approach

Start with a short run

5 – left = approximately 50' 10 total strides

6 – left = approximately 60' 12 total strides

7 – left = approximately 70' 14 total strides

Find a starting point and mark – work backwards from the board

Do approach work on track and run way

Take Off

Teach which foot to jump with

Use a big take off board

Teach the preparations for the take-off

The Flight

Teach the jumper to “stay behind”

Various flight techniques; hang, sail, hitch kick

The Landing

Patience must be taught

Extension of the legs

Practice the landing

Drills