

# Introduction to Long Jump

## Coach Julius Higginbotham – The College of Wooster

Introduction of self

What I look for in a jumper?

Know your athlete

How many steps should they come from

- Experienced jumper?
  - 9 lefts and 9 rights
  - 7 lefts and 7 rights (minimum steps)

The approach

- Push out the back
  - Drills: resistance run, hills, sled, wall pistons, acceleration ladder, etc.

Control

- As much speed as you can control
  - Drills: speed zones, speed endurance workouts, sprint mechanics

Attack

- How do we set up our attack?
  - Drills: hot zone, verbal cue, sound board

Takeoff

- Run through the board/ body position
  - Drills: jump over barrier, resisted take offs, jump ramp etc.,

Landing

- - Drills: broad jumps into the sand, heels over rope, feet to chest

Plyometric drills (implement within training)

- Hurdle hops, bounding (fast and power), single leg cycles, skip for height, skip for distance, depth jumps, weighted jumps, etc.

Questions

Email: [jhigginbotham@wooster.edu](mailto:jhigginbotham@wooster.edu)