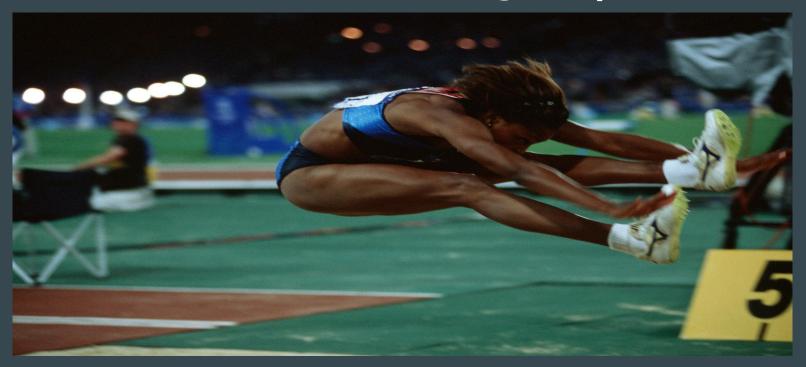
Middle School Long Jump



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Attitude/Knowledge about Long Jumping

- ☐ Be the best "thief" as possible. Talk, listen, observe from every coach.
- "Nuggets" (Words & phrases)
 - Concise (clearly, but in a few words)
 - "Vocab" (use same key words)
 - ☐ K.I.S.S. = Keep it simple stupid

EX: "fast arms" - "knee up" - "be tall" - "attack"

- ☐ Talk to athletes & ask simple questions.
 - "How did that feel?"
 - "What are you having problems with?"
- ☐ PAY ATTENTION TO DETAIL Coach them up! Look and find something that will make them faster & more efficient. "Don't cheat the kids" (Wake)
- ☐ Telling isn't doing! "Well, I told them..." Not acceptable!
- ☐ Always talk to your athletes before they leave practice.

Tryouts

- ☐ Give an athlete 3 attempts to make a long jump attempt No fouls
- ☐ My cue to them... "Run, jump off 1 foot, land on 2"
- After 1st attempt, separate in YES or NO group. (Put maybe's in YES group).
- ☐ 2nd & 3rd attempt, will finalize your group.
- Play around with this! Do you worry about landing? # of attempts?

*What are you looking for?

- 1) Speed down the runway
- 2) Jumping ability (Height) fear of height?
- 3) Landing

Drills

- □ Build a 2' x 2' box 2x4 (base width) ¾" plywood top screwed together
- ☐ (Box) Jump drills Emphasize the jump! (place box near the pit)
 - 3 step jumps off box "Hold the Pose" knee up, arm up, chest up "run in sand"
 - \Box 5 step jumps off box "Hold the Pose" knee up, arm up, chest up land in the sand
 - □ Box jumps onto PV/HJ pit teaches leg extension & seeing the feet
- Standing Broad Jump over the runway Teach them to bend knees & "sit"
- ☐ "Kneel in the Sand" Emphasis on keeping chest up & knee up
- ☐ "Get dirty"
 - ☐ Bench, chair, box
 - □ broad jump into sand
- ☐ Full run "pop-ups"
 - "shooting a layup in basketball"

Getting steps

- Heels on the board Roll up on toes 1st step Right foot count 7 lefts (rights)
- ☐ Pull tape Coach stands w shoe of each athlete athletes sprint past coach
- ☐ Find mark make several attempts back at board make changes count if necessary athlete needs to sprint!
- ☐ Watch their speed & eyes coming into the board.

Coaching Tips

- ☐ Pump them up!
 - ☐ "Get tall & run"
 - ☐ "Attack"
- Never assume the mark "Are you at 75'?"
- ☐ Moving a kids mark after a foul...
- Teach/coach Athlete <u>NEVER</u> worries about Fouls! starts in practice & carries over in meets. That's why I'm here!
- 90% of long jumping is speed! Coach this to your kids.

Video

- ☐ Invaluable to helping athletes
- ☐ Show to kids on the track at practices
- ☐ Video them at meets. You can view it and figure out what needs to be done at the next practice.
- Show athletes youtube video of long jumping. Slow motion. Ask them what they see.
- ☐ Always find something good...always find 1-2 things to improve on!
- ☐ Critique yourself! How can I coach better?

Meets

- ☐ Before run-thrus...
 - ☐ Stretch/Dynamic W-U
 - □ 2 40M sprints
- ☐ While waiting...
 - Skip for height
 - □ "1 2 3 Boom Boom"
 - ☐ Standing broad jumps
 - ☐ Tuck jumps
 - ☐ Jumping jacks
 - ☐ Advanced jumpers 30" hurdle jumps