

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) - $\frac{3}{4}$ " 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"
 - ❑ 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 **NEVER** 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