

## **Exploring the Long Jump**

### **How to identify a long jumper?**

- Natural jumper
- Speed
- coordination

### **The approach**

- How many steps?
- Speed
- Rhythm
- Consistency

### **Take off**

- Attack the board
- Positioning
- Drills

### **Air time**

- Hang vs hitch
- Body positioning
- drills

### **Landing**

- Heels first
- Body position
- Drills

### **Meet week prep**

- M-F

### **Meet day prep**

- # Of run throughs
- # Of pop ups

### **Questions**