

**High Jump**

**Missouri Track Cross Country Coaching Association Clinic 2011**

3 parts to the HJ

1. Approach
2. Take Off
3. Flight

The 3 areas that will be covered;

- **Approach**
  - Drive Phase
  - Curve
- **Take Off**
  - Foot placement
  - Body Positioning
  - Limb activity through take off
- **Flight**
  - Body positioning in front of the bar
    - Knee's (leg)
    - Hips
    - Arms (can vary)
    - Head
  - Body positioning on top and clearing bar
    - Head
    - Arms
    - Hips
    - Knees & feet
- **Drills & Discussion**

## Long Jump

### Missouri Track Cross Country Coaching Association Clinic 2011

4 parts to the LJ

1. Approach
2. Take Off
3. Flight
4. Landing

The 4 areas of that will be covered;

- **Approach**
  - Approach Run
    - Drive phase,
    - Transition (Push, push, push is the key)
      - *After the athlete drives out past 4-8 drive steps (depending on the approach) the transition phase comes into play.*
    - Run = Optimum Velocity
- **Take Off**
  - Penultimate step(spring board effect)
  - Foot placement
  - Body Positioning
  - Limb activity through take off
- **Flight**
  - Body positioning off the board
  - Hang vs Hitch kick
- **Landing**
  - Body positioning to land
- **Drills & Discussion**

## **Triple Jump**

### **Missouri Track Cross Country Coaching Association Clinic 2011**

4 parts to the TJ

1. Approach
2. Phases
  - a. Hop/Take-off (Phase1)
  - b. Step (Phase 2)
  - c. Jump (Phase 3)
3. Flight
4. Landing

The 4 areas of that will be covered;

- **Approach**
  - Approach Run
    - Drive phase,
    - Transition (Push, push, push is the key)
      - *After the athlete drives out past 4-8 drive steps (depending on the approach) the transition phase comes into play.*
    - Run = Optimum Velocity/stride pattern is key.
- **Phases of the jump**
  - Take Off
    - Foot placement
    - Body Positioning
    - Limb activity through take off
    - Trajectory of phase
    - Body positioning to prepare for the next phase
  - Step
    - Foot placement
    - Body Positioning
    - Trajectory of phase
    - Limb activity through take off
    - Body positioning to prepare for the next phase
  - Jump
    - Foot placement
    - Body Positioning
    - Trajectory of phase
    - Limb activity through take off

## MTCCCA Jumps Outline

- **Flight**
  - Body positoning off the board
  - Hang
- **Landing**
  - Body positoning to land
  
- **Drills & Discussion**

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**Multi-Event Athlete Training**

**Maine Track Cross Country Coaching Association Clinic 2011**

**Multi Event Athlete Training**

- Knowing the athlete to compete (in this event).
- Knowing the rhythm of the events
- Strategy of training
- Quality vs Quantity
- Recovery
  - Active vs full recovery
- Training
  - Specific to General
  - Rythmically similar events ttrain the same day
  - When to weight train and how.

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