



Prepreparation in the Long Jump

- Foot Locations in the Final Steps
 - Takeoff Step and the Third to Last
 - Penultimate Step and the Fourth to Last

Preparation in the Long Jump

- Lowering the Center of Mass
- The Penultimate Step
 - Foot Contacts
 - Location
 - Patterns
 - Lowering and Direction
- Continued Displacement

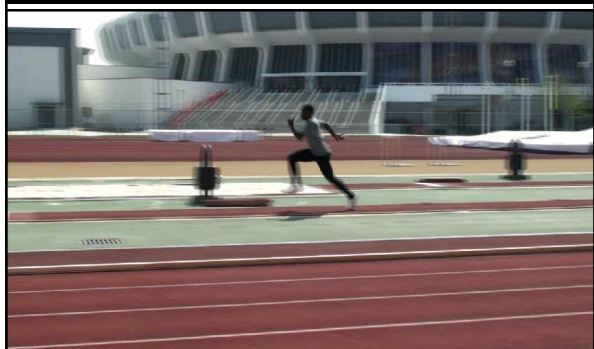
Preparation in the Long Jump



The Long Jump Takeoff

- Foot Contact
 - Location
 - Patterns
- Path of the Body's Center of Mass
 - Horizontal
 - Vertical
- Swinging Segments

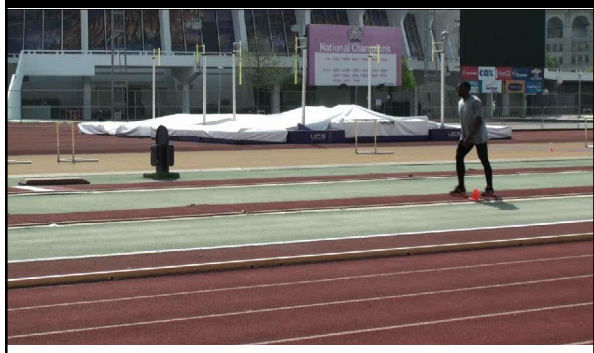
The Long Jump Takeoff

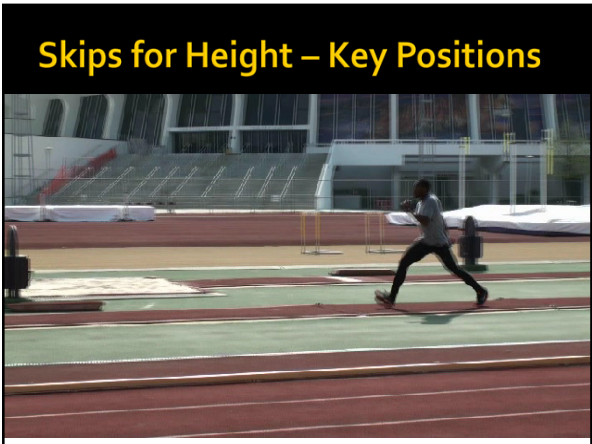


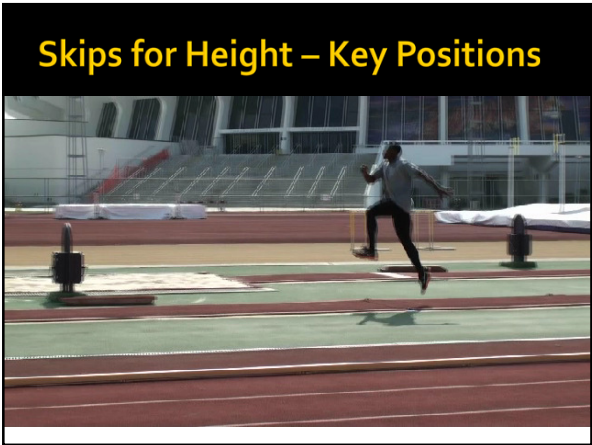
Teaching Preparation & Takeoff

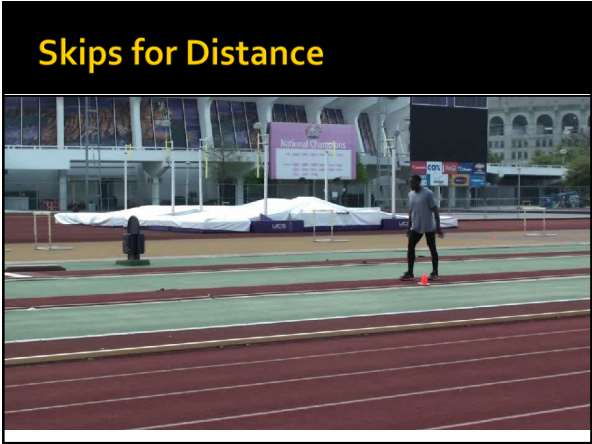
- Fundamental Drills
 - Skipping for Height & Distance
 - Run – Run – Jump
 - Hurdle Jumps
- Run – Run – Jump as a Teaching Progression
 - Preliminary Variations
 - Advanced Variations
- Specific Teaching
 - Starter Long Jump Takeoffs
 - Short Run Takeoffs
 - Short Run Jumps

Skips for Height

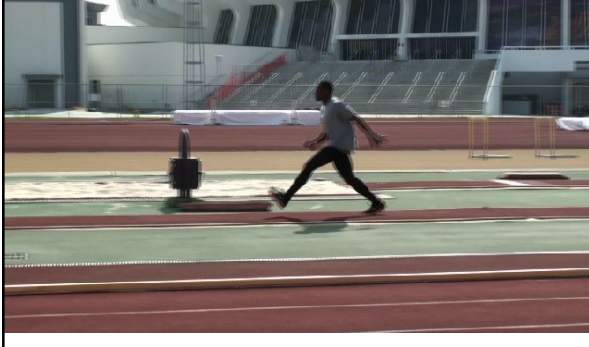




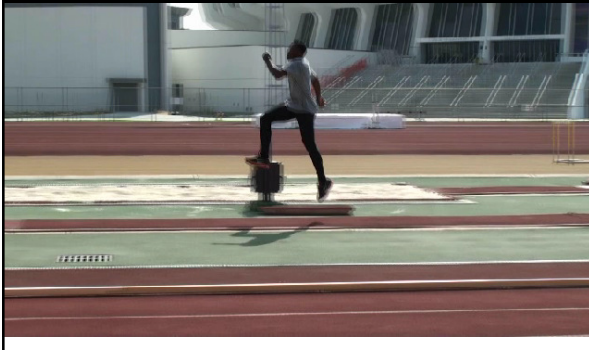




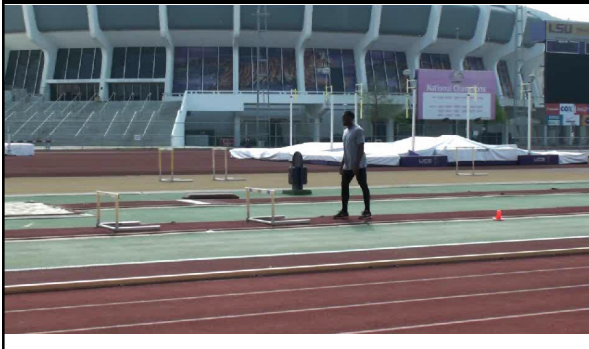
Skips for Distance – Key Positions



Skips for Distance – Key Positions



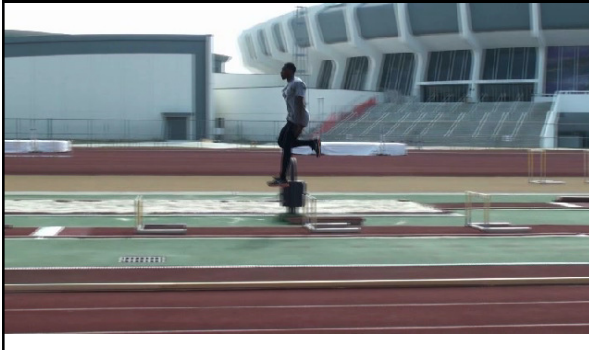
Hurdle Jumps



Hurdle Jumps – Key Positions



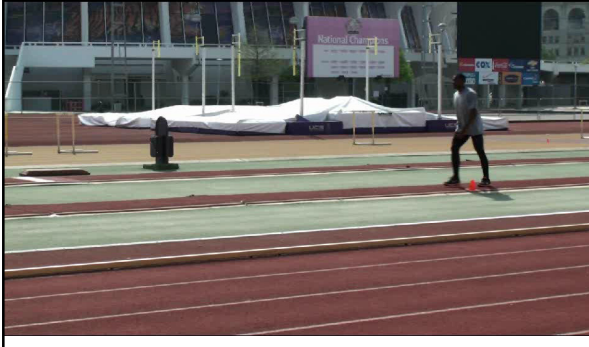
Hurdle Jumps – Key Positions



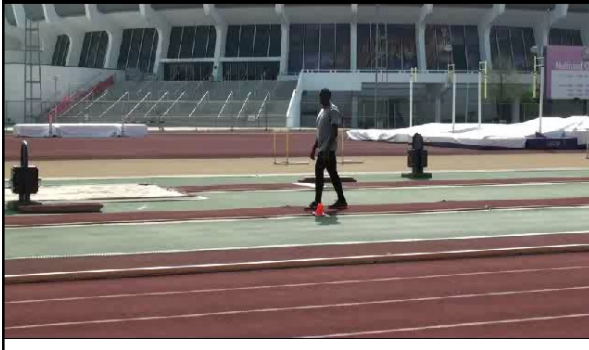
Run-Run-Jump



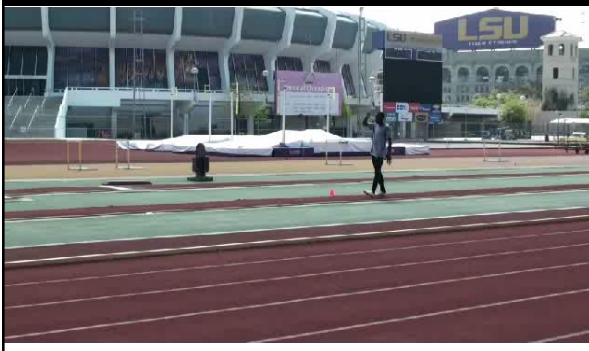
Run-Run-Jump as a Teaching Platform



Starter Long Jumps



Long Jump Takeoffs



The Long Jump Flight Phase

- Rotation Control
- Initial Movements
- Flight Styles
 - Hang
 - Hitchkick
 - Combinations

Teaching the Flight Phase

- Embedded Teaching
- Teaching Practices
 - Cycling Finishes
 - Repetitive Takeoffs
 - Hurdle Jumps

The Long Jump Flight Phase



The Long Jump Landing

- In Flight Movements
 - Timing
 - Arm Sweep
 - Leg Extension
 - Torso Position
- Post Impact Movements
 - Torso Position
 - Absorption
 - Kickout or Turnout

Teaching the Landing

- Technical Standing Long Jumps
 - SLJ – Stick
 - SLJ – Squat
 - SLJ – Squat – Kickout
 - Synthesis
- Short Approach Jumps

Long Jump Landing



The Landing Series



SAC

Schexnayder Athletic Consulting



www.sacspeed.com
bschex@sacspeed.com
