The Long Jump
Technique & Teaching

Preparation in the Long Jump

- Oscillations of the Center of Mass
- Relationship to Preparation and Takeoff
- Shin Angles
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
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 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