**Clinic Corner – Horizontals**

Horizontal Jumps Bounds

<https://coachesinsider.com/track-x-country/horizontal-jumps-bounds-with-james-thomas-univ-of-georgia/>

Sand drills for Long Jump

<https://trackandfieldtoolbox.net/field-events/sand-drills-for-long-jumpers>

Horizontal Jumps Drills

<https://trackandfieldtoolbox.net/uncategorized/horizontal-jumps-drills?utm_source=sendfox&utm_medium=email&utm_campaign=horizontal-jumps-drills>

Triple Jump Bounding Technique

<https://trackandfieldtoolbox.net/field-events/triple-jump-bounding-technique?utm_source=sendfox&utm_medium=email&utm_campaign=triple-jump-bounding-technique>