



## Shannon Winant- The Horizontal Jumps

**Triple Jump:** The most important aspects of this jump start on the runway. The attack phase of your approach should be tall, aggressive and confident. This allows you to get a full range of motion first phase cycle and an aggressive and confident attack into second phase. The height (Tall torso) is essential in getting the right angles which makes the jump more efficient allowing you to carry your speed while taking a lot of pressure off of your knees and back. Don't forget to be patient riding that second phase out, and then aggressively attacking the third phase. Remain tall the entire jump and be patient on the landing phase. Keep the torso up, and drive the knee for as long as you can.

The Flight path is predetermined and unalterable-APPROACH APPROACH APPROACH.

“Speed and Power are best developed by high intensity, low-volume, and long-recovery methods. To become faster and more powerful, athletes must experience high intensity in training. Runs must be fast; jumps, explosive. At the same time, lower volumes of training and long recovery periods ensure that the intensity of training stays high. Athletes are better off doing less work with longer rests between repetitions than poor-quality work.”  
pg 74 *Track and Field Coaching Essentials USATF Level 1*

“Overemphasizing the endurance portion of the program is a common error in the training for speed and power events.” Pg 75 *Track and Field Coaching Essentials USATF Level 1*

### **Sprinting Biomechanics:**

- Build momentum-Good strong levers, with swinging angles (“drag your toe”), longer ground contact time at first, push through center of mass.
- Momentum-Impulse, the momentum change produced in a body, can be expressed mathematically as the product of force and time. Thus, the two factors that determine impulse are the amount of force applied and the time over which it is applied. Momentum development, then, requires large forces applied for longer periods of time.
- The discipline and patience of building momentum during acceleration will help reach actual maximal velocity.
- Acceleration Development: Full extension, full flexion, from hip to toe, place step under to behind the hips, and repeat extension. Use strong arm action and violent attack of the ground with each step.

### **Types of Workouts**

Warm Up-

Hurdle Drills, and Mini Hurdle Drills for Hip Extension and flexion, as well as rhythm.

Short sprints up to 40m long, Hollows, Back to Backs, speed sets...  
Post Activation Potentiation-Resistance-Harness resistance runs.



### **Approach Work:**

- 8-9 “steps” 16-18 strides
- Phases: Momentum, Acceleration, Maximal Velocity (attack)
- Not “slow to fast” but drive (momentum development) to Maximal Velocity (Attack)
- Penultimate Step dangers-block speed
- Pop Up always
- Run through the step not the board.
- The board is your job, not the athletes.

### **Triple Jump Technique**

It is all connected, and again, starts from the approach.

Once the sprinting technique is developed, and the approach is confident, the attack into the board is the “start” of the triple. The triple jump is one of the most mentally exhausting and intimidating events. You have to train your mind to attack the board with maximum power and velocity, and trust that your strength and timing will carry you through into the second phase.

You must be aggressive, tall and active off the board, and remain active through the first phase, cycling your knee above your hips to reach maximum leverage, then aggressively and actively attacking forcefully underneath your mass to efficiently carry your speed and develop the big second phase that everyone wonders over. It is tempting to split the jump up into phases, but that is very dangerous mentally. “My second phase was bad” is something I hear a lot from the athletes I am working with. The second phase is only a result of what you did your first phase which is a result of your approach.

When you attack confidently and aggressively from the top of your first phase, using all of your leverage (full flexion), into full extension (attacking through the ground), your second phase will spring into full bloom. It doesn't stop there. You must be patient, and active all the way through the second phase, as just like the 2<sup>nd</sup> is developed by the first, the final phase is determined by your activity in your second. Your second should be higher than your first, which means you should have more leverage to work with attacking into your third. The third should be your highest phase, and again the activity never stops, until you are out of the pit. Stay up there as long as possible, and actively shoot legs forward to the end of the pit.

### **Drills:**

Alternating Bound

Potential Drills (Sled)

Double Alternating Bounds

Triple Alternating Bounds

Attack first to second into the sand

Second to third with speed



## Springboard

### **Long Jump**

For the long jump, the most important aspect is building up solid momentum, and then developing a confident, tall attack phase towards the board. The goal is to be as fast as you can on the runway, and then transfer that speed into the air in a vertical and horizontal direction. The only way to do that is to change your turnover so that your feet are moving faster off the ground so that they can handle the speed you are bringing. The only way to do that is to get as tall as you can. If you dip, or gather, your contact time will be too long, and you will lose speed, or you will block on your last step, also stopping all momentum built up. Once in the air, it is essential to stay as tall as you can, holding the drive knee as long as you can so your momentum goes forward and out. Once the knee drops, the hips drop, and momentum is lost. Rather than bringing your chest to your feet, bring your knees to your chest for the landing, this will keep your forward momentum and prevent you from falling from the sky.

All the sprinting and approach principles described in the Triple Jump apply here. It is all in the Approach, speed kills.

Drills:

Two String Knee Drive

Four Stride Knee Drive with Landing

Six Stride Knee Drive with landing over tackle bag (for landing extension)

Spring Board

Approaches

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