

Long Jump

1. Warm-up
2. Work on running technique 30 meters
3. Approach, same as triple jump we like to use cones. Two types of ways to start approach. Standing , walk in
4. Walking Drill, motion of the jump long arms super tall
5. Pop Drills
 - Jog in
 - Jump over cones 10 meters apart
 - Jump over hurdles 10 meters apart
 - Box step box take off drill with hurdle
 - Same drill without hurdle
6. Runway
 - Cone hops box finish
 - Hang finish

- Hitch kick finish
- Hurdle hops box finish

7. Short run box jumps

- Hang
- Hitch

8. Short run cone jumps

9. Short run hurdle jumps

10. Half run jumps

11. Pole vault pad jumps