

Triple Jump

1. Warm-up

2. Approach

- Triple 3
- First 3 steps cone drill, check mark
- Standing start
- Jog in start
- Stay in sprint position
- Constant acceleration, count your steps
- Move through the board not to the board

3. Arm action

- Double arm take off
- Single arm take off

4. Hang position

- Center of gravity

Drills

- A. Walking

- B. Single leg hop
 - Stop reset arms

 - Cycle leg drill

 - Arm action

- C. Single leg hop both legs

- D. Left Left Right Right

- E. Alternate leg bound

- F. 3 step sprint drill

- G. 4 step sprint drill

- H. Feet together

- I. Alternate leg bound

- J. Left Left Right finish

- K. Left Left pit, 10 meter jog in
- L. Left left right right
- M. Take off drill, first phase sprint second phase finish
- N. Alternate leg bounds for distance
- O. Hurdle hops always finish with last phase
- P. Finish off box
- Q. Start on box
- R. Jog in 30 " hurdle
- S. First phase into the pole vault pit