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## **Long Jump**

Long jump is divided into two separate events:

1. Standing long jump
2. Running long jump

Running long jump is a more advanced event than the standing long jump.

The long jump is an event that combines speed and spring and can be a lot of fun. Teaching the event is divided into the following components:

- ♦ Approach
- ♦ Takeoff
- ♦ In flight (step or hang style) (Note: In flight also includes landing)

## **Standing Long Jump**

Standing long jump does not include a running takeoff.

### **Ready Position**

1. Stand behind board/line with feet shoulder-width apart, toes pointed out slightly.
2. Hold chin up, head straight, arms extended in front of body.
3. Arms are relaxed at sides, back straight, and body leaning forward slightly.

### **Takeoff**

1. From ready position, bend knees and ankles and strongly swing arms backward.
2. Strongly swing arms up and out toward landing area as both legs drive and extend off ground.
3. Take off by swinging arms forward and low past knees, then up toward landing area.
4. Exhale and spring forward off both feet at a 45° angle; use strong ankle and leg extension to create a powerful takeoff (thrust).
5. The toes leave the ground last.

### **In Flight**

1. In flight, extend body with slight arch to back; raise arms above head.
2. Bring legs under buttocks; then bring them forward by bending 90 degrees at hips.
3. Extend legs forward, leading with heels, and swing arms downward past legs.
4. Keep feet parallel and slightly apart.
5. Keep head forward to prevent falling backward; look ahead of landing.

### **Landing the Jump**

1. Extend heels forward for extra length.
2. Land in pit or on mat, heels first, with momentum carrying you forward.
3. Bend knees to absorb the impact of the landing.



## **Running Long Jump**

### **Determining the Takeoff Leg for the Running Long Jump**

The athlete's stronger leg is usually used as the take-off leg. On the track, have the athlete take three consecutive hops from a standing start using the right foot only, and measure the distance traveled. Repeat with the left foot. The leg that was used to hop the farthest is probably the favored leg. If a true preference is not shown, most right-handed people will use their left foot as the takeoff foot for jumps. If the athlete feels more comfortable with the opposite leg, he/she should use it.

Please note that a left-footed takeoff will be assumed in the material below. If an athlete prefers a right-footed takeoff, simply switch the foot named in the instruction.

### **Measuring an Athlete's Approach**

The approach will need adjustment as the athlete progresses through skill and strength improvements. Initially, three strides should be used, progressing through five, seven and nine strides. The most skilled athletes can use up to nineteen strides.

1. Athlete stands on takeoff board and runs back, down the runway, the number of strides that will be used on the approach. The point where the athlete stops or reaches the number of strides is marked. This is the initial mark that will be adjusted forward or backward.
2. Athlete faces takeoff board from this mark.
3. Athlete steps forward on non-takeoff foot.
4. With a controlled run, athlete starts with takeoff foot and runs nine strides toward takeoff board, running through the sand.
5. Mark spot where takeoff foot hits takeoff board.
6. Adjustments can be made forward and backward to fit individual needs.
7. When a consistent approach is made, record distance for future practice and competitions.
8. Run approach again and note location of first and third steps taken with takeoff foot. These two check-marks will help the athlete run a consistent approach by matching his/her stride to meet these marks.

### **The Takeoff**

1. Perform the approach run and plant the takeoff foot on board behind foul line.
2. Stretch upward immediately prior to takeoff.
3. Strongly take off from board by extending takeoff leg.
4. Bend other leg; drive thigh up and over sand pit.
5. Keep upper body straight, head up, and vision focused ahead in the sand.
6. Land in a running position on non-takeoff foot and run through the sand.





**In Flight – Step Style**

1. From takeoff, drive right knee and left arm forward and upward over sand pit.
2. While in flight, extend the lead leg with the takeoff leg trailing, appearing to be in a stride position mid-flight.
3. Circle right arm overhead and bring left leg forward, so that arms and legs are parallel.
4. When preparing to land, extend arms and upper body to reach forward.
5. Drop arms below legs and bend knees upon hitting the sand.
6. Land in sand heels first, with hands sweeping past hips.
7. Roll over on toes, falling forward.



**In Flight – Hang Style**

1. From takeoff, drive right knee and left arm forward and upward; hold the left leg and right arm back.
2. Drive the left leg and right arm so that they are parallel.
3. Arch the back to achieve the "hang" position.
4. Move the arms in a circle clockwise.
5. Lower the upper body toward thighs, extend legs, and reach arms forward and then backward in preparation for landing.
6. Hit sand heels first, bend knees to absorb shock of landing, move upper body forward, and roll over toes to fall forward.





## **Long Jump Drills**

### **Pop-ups**

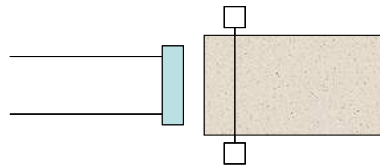
Reps: 10-12 jumps

#### **Purpose**

- ♦ Develop hitch kick and arm action in air
- ♦ Develop height on jump

#### **Teaching Points**

1. Place hurdle or string or light rope across pit about five feet from takeoff board.
2. Take Hips Tall position and begin short approach (five or seven strides).
3. Run toward pit with moderate, controlled speed.
4. Hit board driving up and out over marker.
5. Perform hitch kick and arm action in air and land into pit.



### **Forward Height**

Reps: 10-12 jumps

#### **Purpose**

- ♦ Develop height on jump
- ♦ Develop tall body position during jump

#### **Teaching Points**

1. Place string or light rope across pit about 10 feet from takeoff board.
2. Take Hips Tall position, begin short approach.
3. Run toward pit with moderate, controlled speed.
4. Hit board, driving up and out beyond marker.
5. Perform hitch kick or hang using arm action in air, and land into pit.

### **Cross the Brook**

Reps: 10-12 jumps

#### **Purpose**

- ♦ Develops jumping and falling forward
- ♦ Develop tall body position during jump

#### **Teaching Points**

1. Place two ropes on ground about shoulder-width apart, forming a "brook."
2. Jump from one side of the brook to the other.
3. Space ropes farther apart to work on hopping distance.