

Triple Jump

The triple jump, which probably puts more stress on an athlete's body than any other field event, comprises of 3 phases (the hop, the skip and the jump) and the approach phase.

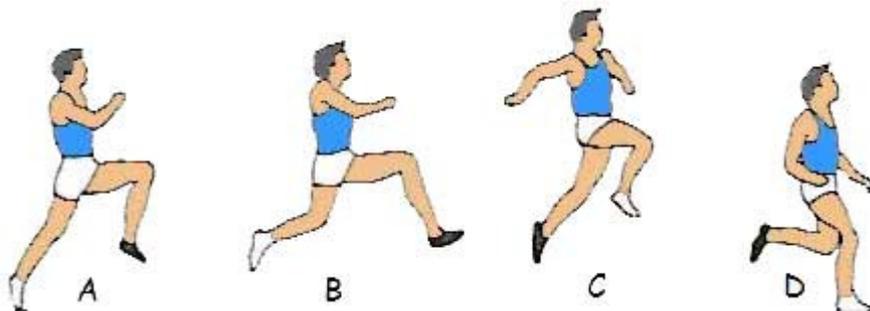
- The first phase requires the athlete to jump off one foot.
- The second is to land on the same foot and jump again.
- The third time you'll land on the other foot and jump into the pit.
- Use the rhythm "SAME, OTHER, TOGETHER"

Approach Phase

The **approach run** for the Triple Jump is similar to that of the Long Jump and the objective is to create the greatest amount of speed that can be controlled throughout the triple jump: hop, step and jump phases.

The Hop Phase

The hop is flat and balanced, with an active landing. The take-off leg is the same as the landing leg (as you can see on the picture, the white foot).



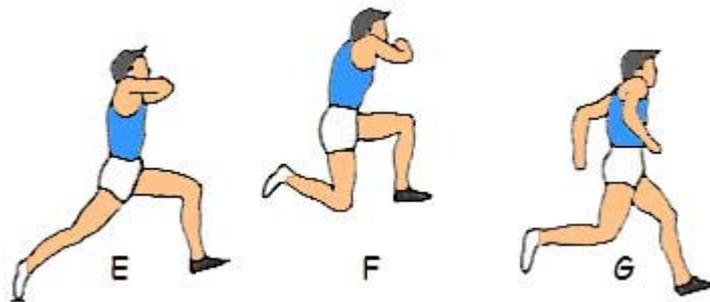
Coaching Points

- The take-off leg is fully extended (Fig A)
- The drive leg thigh should be nearly parallel to the ground at take-off and the foot should be relaxed (Fig A)
- The foot of the take-off leg is then pulled to the buttocks (Fig B)

- The drive leg rotates from in front of the body to behind it (Fig B-C)
- Take-off leg begins to pull forward (Fig C)
- As the thigh of the take-off leg reaches parallel, the lower portion of the leg extends past the knee, with the foot dorsi flexed (Fig C)
- Once the leg is extended, the athlete then forcefully drives the leg downwards, setting the athlete up for an active landing (Fig D)

The Skip Phase

The skip phase is an extended balanced movement with an active landing. After coming off your first step, throw your jumping knee up and your opposite knee back.

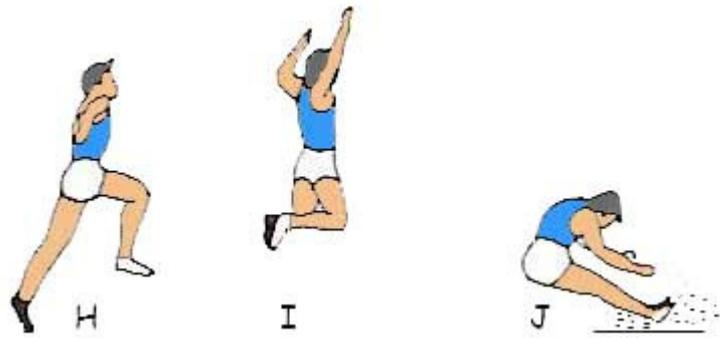


Coaching Points

- The take-off leg is fully extended with the drive leg thigh just below parallel to the ground (Fig E)
- The take-off leg stays extended behind the body with the heel held high (Fig F)
- The drive leg thigh is held parallel with the ground, lower leg vertical and the toe dorsiflexed (Fig F)
- The drive leg extends with a flexed ankle (creating a long lever) and snaps downward for a quick transition into the jump phase (Fig G)

The Jump Phase

After your second phase, simply throw your feet in front of you, much like the long jump. Remember to lean forward, or you may fall backward and lose distance on the final measurement



Coaching Points

- The take-off leg (the drive leg in the previous phases) is extended forcefully upon contact with the ground (Fig H)
- The free-leg thigh driving to waist level (Fig H)
- The arms drive forward and up - the torso should be held erect with the chin up and eyes looking beyond the pit - the legs move into a hang position with both thighs directly below the torso, legs bent at the knees - the arms are extended overhead to slow rotation with the hands reaching for the sky (Fig I)
- The arms then drive forward - the legs swing forward - position held until the heels hit the sand when the knees collapse, the hips rise and the athlete slides through the sand (Fig J)