

Developing an Explosive Triple Jumper

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<u>Bounding Progression</u>	<u>Definitions</u>
<p>Arms only Arm jumps Springs (no arms) Arm springs Arm hops Stationary bounds (no arms) Stationary arm bounds Lateral arm bounds Lateral arm bounds with emphasis on:</p> <ol style="list-style-type: none">1. Flat landings2. Bouncing landings (golf ball)3. Good posture (stack the blocks) <p>Hop 4 bounds</p>	<p>Jump: jump off both legs – land – hesitate then jump Springs: jump off both legs – land – jump with no hesitation Hops: jump off one leg and land on same leg Bounds: jump off one leg and land on other leg</p>

Triple Jump Grid

Go from football field and land into side of l.j. pit

Start with three foot increments

Emphasize flat, bouncy landings with good posture

Increase increments by one foot when performed correctly

Add running steps when needed to reach first mark - emphasize “running off the board”

When increments are more than eight feet then move to runway

General thoughts

Be patient – keep the approach short until athlete earns the right to lengthen their approach

“Short and right is better than long and wrong”

Count landings – no more than 100/practice session

No more than three triple days/week. This includes meets.