

Introduction to Long jump

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Coaching Background

- East Carolina University (NC), DI
- Xavier University of Louisiana, NAIA
- Adrian College (MI), DIII
- University of Nebraska Kearney, DII
- Ohio Wesleyan University, DIII

Talking Points

- Important Qualities/ Focuses for Long Jumpers
 - Technical overview of the Long Jump
 - Runway Approach
 - Take-off Mechanics
 - Flight Mechanics
 - Landing Mechanics

Important Qualities/ Focuses for Long Jumpers

- **SPEED**
- Proper sprint mechanics
- Good all-around athlete
- Must be able to endure pounding of event

Long Jump Approach

- Beginning level jumpers (ages 14 & under)
 - 12-14 total steps
- Intermediate level jumpers (ages 15-17)
 - 14-18 total steps
- Advanced level jumpers (Over 19 years old)
 - 20+ total steps

Long Jump Approach (continued)

- Consistency is key
- **CONTROLLED** as possible
- Appropriate rhythmic
- Jumper aims to run maximum **SPEED** which determines potential distance
- Almost all jump distance is determined at take-off

Take-Off

- Attain proper takeoff position over last two steps “penultimate step”
 - Maintenance of velocity is critical through penultimate step
- “Attack the board” Emphasize middle of the foot striking the board
- Shoulders being slightly behind hips at take off foot touchdown
- Arms continue cycling as normal

Leaving the ground

Hang Technique:

- Jumper Hangs in the air as if suspended from a bar
- Extend the body
- good for beginners. Slows rotation fwd

Hitch-Kick Technique:

- “Run” in the air
- forward rotation of arms helps to slow forward rotation

Landing

- Raise legs and maximize distance
- ❖ **Heels out!**
- Hands stay outside of the hips
- Folding forward and arms continuing on through
- Arms are behind the hips upon contact with sand...then arms drive forward