

Triple Jump

The triple jump, which probably puts more stress on an athlete's body than any other field event, comprises of 4 phases: approach phase, hop phase, step phase and the jump phase.

New athletes

Start with the basic movements by having your athletes Hop, Step and then Jump from a standing start. The take off foot should be the athlete's strongest leg as it will be used in the Hop and the Step phases.

Teach the hop phase by having the athlete do:

- a walking single leg hop
- then incorporate the circling action of the hop leg
- then multiple single leg hops with a circling leg, flat landing, and upright posture

Consecutive bounds duplicate the step and jump actions and the athlete should do these with a double-arm action and land full footed.

Combine the three phases of the jump by starting with Hop and Step combinations on grass and then add the Jump phase. Emphasize carrying the momentum from one phase to the next with an even rhythm for each phase. Once the jump phases have been put together, slowly add steps to the run up in accordance with the athlete's ability to control speed.

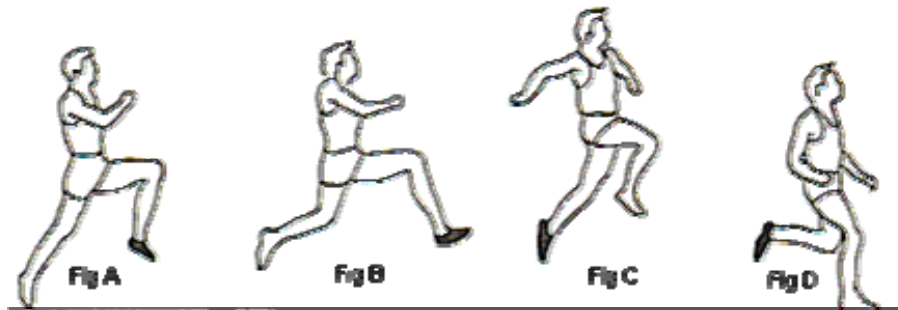
As in the [long jump](#) the athlete's eyes should be focused beyond the pit for the entire jump.

The desired distance of each bound should be - Hop 35%, Step 30%, and Jump 35% of the total jump.

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 athlete's strength and technique will determine the optimal run up distance and speed.

The Hop Phase



Coaching Points

- The take-off leg is fully extended (Fig A)
- Drive leg thigh should be nearly parallel to the ground at take-off and the foot 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)

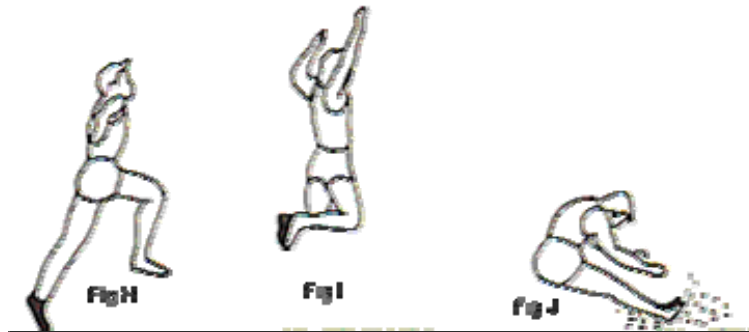
The Step Phase



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



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)

Arm Action

The use of a single or a double arm action at take off depends on the athlete's preference - the double arm action provides more power.

Single arm action

- The arm opposite the free leg drives forward and up to shoulder level
- The angle at the elbow should be between 80 and 110 degrees

Double arm action

- The lead arm crosses slightly in front of the body on the penultimate step of the approach phase
- As the take-off step is initiated, the arm pauses next to the body rather than swinging behind as with a normal stride
- As take-off foot contacts the ground, both arms drive forward and up to shoulder height
- The angle of the arms at the elbows will be greater than 90 degrees in order to create a more powerful impulse forward

Foot Strike

Coaching Points

- In an active landing the athlete's leg is extended, the ankle flexed and the leg pulled down forcefully striking the ground mid-foot
- Upon contact the body rolls forward over the foot onto the toes while pushing off the ground

Jump Distribution

Typical distribution for the three phases of the triple jump distance is as follows - Hop 35%, Step 30% and Jump 35%.

Triple Jump Drills

General Drills

- Standing hop-step-jumps - develops the appropriate neuromuscular system
- Use a four stride approach, easy pace, into hop-step-jump
- Uphill bounding drills - to develop height achieved in all phases

Approach Drills

- Rhythm runs - to ensure hitting check marks and board
- Vary the start point so that you miss the "check point" (about six strides out) and have to adjust while maintaining maximum speed

Hop Drills

- Single leg hop up stairs
- Single leg hops over cones
- Continuous single leg hops with a butt kick action
- Continuous single leg hops with concentration on bringing the knee as high as possible
- Continuous single leg hops, combining the butt kick with the knee high action

Step Drills

- Using only the hop and step, set the take off point so that the athlete lands in the sand pit
- Extend the take off point to force a longer step
- Set up a grid for a series of standing hop-steps where each succeeding hop-step is a little longer

Jump Drills

- Stand with both feet together and take one step and jump into the pit
- Using a six stride approach, just do the step and jump phases, concentrate on the drive of the jump foot trying for maximum height during the jump
- Using a six stride approach, just do the step and jump phases, concentrate on the arm action