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ASA COACHING MANUAL FOR JUMPS

Compiled by Hugo Badenhorst and
edited by Martin Marx . 1 ASA MANUAL
FOR COACHING JUMPS CONTENTS PAGE
... LONG JUMP 9 Introduction 9 Safety
and equipment 9 Technique 10 Learning
skills 12 Fault analysis 13 TRIPLE JUMP

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Jump Workouts • Sets of 6-stride jumps – One, two, three, four, five AND six – First set for height, second set for distance • Incline box jumps for in-air technique • Small 2", 4", 6" black box drills • End with runway work or sprints

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on the track

Coaching the Long Jump - USTFCCCA

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The Jump Manual is the culmination of 15+ years of scientific research into the most effective exercises, training sequences and techniques. Thousands of average athletes have used it to

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consistently increase their vertical leap. Now it's your turn.

The Jump Manual. Proven Vertical Jump Training.

The long jump can just as easily be named the “run and jump” or “sprint and jump,” because the actual jump is only part of the process. Yes, there are

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techniques for pushing off the board, for flying over the pit, and for landing. But these techniques, while important, can only maximize your distance, based on your takeoff speed.

Long Jump Technique Step-by-Step Instruction

Good technique on the approach and

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takeoff can increase the length of a jump immensely. A 12-19 stride approach is optimal. The longer the better for experienced and conditioned athletes. Gradual acceleration with a slight lean forward is the first key aspect. At this point in the long jump technique, the athlete should also be leaning forward.

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Long Jump Technique - TeachPE.com

The training goals should be to develop speed and to develop skills of jumping that can be executed at high speed. The training for the horizontal events is explosive and very taxing. Be sure to give the athlete's reasonable recovery between jumping days so that they can

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perform with reasonably fresh legs.
LONG JUMP DRILLS. 1.

TRAINING AND DRILLS FOR THE RUNNING LONG JUMP

Long Jump / Triple Jump Layout . 6
USATF OFFICIALS BEST PRACTICES
HORIZONTAL JUMPS RULES
COMPARISON GOVERNING BODY IAAF

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USATF NCAA NFHS

EQUIPMENT/FACILITIES Pit size (L x W x H) 10m-Bd to pit end x 2.75-3m 10m-Bd to pit end x 2.75-3m 7m x 2.75 - 3m 15' x 9' Runway ...

A Guide to Officiating Horizontal Jumps - PA USATF

Long jump is an activity that is

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potentially low in activity time. Generally there is only one landing area that must be shared among the entire group. Thus the coach must look for ways to keep the group active and engaged, and allow each athlete as many jumps as possible in the time available.

How to Teach Young Athletes to

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Long Jump | Coaching Young ...

thoroughly illustrates the major training principles and lessons learned. All information supplements and complements the Army marksmanship field manual. The guide is an Appendix to the report. 15. SUBJECT TERMS Initial Entry Training Rifle Marksmanship Drill Sergeants U.S. Army Marksmanship Unit

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BRM ARM

Rifle Marksmanship Diagnostic and Training Guide

ASA Level 1 Coaching – Sprints – Hurdles
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Coaching – Distance Races – Middle –
Long – Steeple – Walk: PDF: Download:
ASA Level 1 Coaching – Jumps – Long –

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Shot - Discus - Hammer - Javelin: PDF ...

ASA Level 1 Coaching - Athletics South Africa

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Dear Coach, As you well know, the ability to express power and speed

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through jumping is critical for on the field and on the court success. The athlete who can effectively control their bodies in space, at any given time or speed is going to have a leg up on their competition and if they can't adapt to the chaos of sport and multiple changes of direction and speed...they will not succeed.

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Coaches Guide to Jump Training

Coaching Long Jump Landing Technique
Long Jump Landing Technique After the peak of the jump, the arms sweep forward and down to the hips. The feet are extended out until the jumper hits the sand.

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Coaching Long Jump Landing Technique - Digital Track & Field

1. Long Jump Run-Up Velocity. Freelap USA - A lot of the long jump performances have been stagnant or regressed over the last few years, and many point to the run up velocity as being part of the cause. You have several testing parameters that address

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max speed and acceleration, but include 150 m test.

Long and Triple Jump Training - An Interview with Boo ...

Everything Track & Field's High Jump Training Zone contains high jumping training and coaching articles, and the latest high jump equipment. Javascript is

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High Jump Training Zone!

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...

It is broken into two blocks of training,

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each four weeks long. If you aren't able to commit to a full eight-week plan, here's a one-week vertical jump program that I created that features many of ...

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