

# Long Jump



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## Main Points

- Planning
- Speed Development
- Strength
- Technique

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## Identifying Jumpers on your Team & Beyond

- Multi sport athlete vs Specialization
  - Observe
  - Horizontal Jumpers
    - Speed and power
- Training philosophy

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## Planning Ahead

- Long term vs Short term
  - Practice Session – Day – Week – Month – Year to year
- Challenges
  - Patience – Results don't happen overnight
  - Every training program begins simple and becomes specific!

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## Planning

- Begin with a solid base training plan
  - General Prep: Strength, flexibility, conditioning, etc.
- Keep in mind: weather & facilities – be adaptable
- Length of season
- Nutrition
- Restoration / Recovery

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## Planning

- Risk vs Reward
- Goals and Needs of the Athlete
- Event Spacing
  - Variety
  - Practice vs competition

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### Speed Kills

- The most important aspect of the horizontal jumps
- Be specific in everything you do!
- Speed through the board into the take-off
- Optimal take-off position
- Accuracy - "Every inch counts"

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### Speed Development

- Train to be fast!
  - Wickets
  - FS
  - SS
  - Sled
  - Blocks
  - Blocks + sled
- Body position is key

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### Speed Development

- Volume vs Intensity
- Timing
- Control
- Body position
- Consistency

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## Strength

- #1 Key to success is increasing strength

**Goal: Achieve higher force production**

- What is the best way?

- The highest forces are generated during eccentric muscular action

*Stretch-shortening cycle (Plyometric Training)*

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## Elastic Strength

- Olympic Lifts
- Speed Bounds
- Sprinting
- Depth Jumps
- Bounds
- Hops
- Hurdle Hops
- Short approach jumps
- Standing Jumps
- Vertical Jump Test

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## Strength

- Recording Data
  - Review
  - Goals
  - Improvement / Patience

- Strength vs Technically Sound

- Durability

- Conditioning

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## Approach

- How important is the approach?
  - A top priority!
- What is the main focus?
  - Teach and develop mechanics all the time
  - Speed drills carried over to approach development
    - Efficiency

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## Approach

- Where is the best starting point?
  - Turf or grass (flat surface)
- Advantages
  - Avoid Steering
  - Comfortable
  - Discovery
  - Consistency
- Pop ups
  - Runway vs Turf

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## Approach

- Practice an effective approach run early and often
  - 3 to 6 sessions per week
    - Early in the practice session
    - Mechanics: transition to the runway after proven consistent success
    - Look for mechanics to carry over to the runway for accuracy
- Prepare for the unpredictable!
  - Weather

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### Preparing for Flight

- Maintain Horizontal Velocity
- Turnover
- Transfer
- Attack with Confidence
  - Avoid Gathering/Loading

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### Preparing for Flight

- Roll off of the foot (flat)
- Pre Recruitment
- Penultimate
- Body position (tall)

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### Take-off

- Speed Transfer
- Flat Foot
- Active vs Passive
- Center of Mass
- Drive Knee & Arms

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## Flight

- Path predetermined
- Maximum extension in flight
- Hitch vs Hang
- Combination
- Consistency + Experience Level

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## Landing

- Hold the Knee Drive
- Lead leg + Extension
- Knees to chest (pike)
- Continuing forward momentum
- Fight for every inch

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## Point of Contacting the Sand

- Arm swing + holding
- Maintain momentum
- Slightly collapse & bring the body thru
- Absorb contact
- Torso

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### Box Take-off Drills

- Turf vs track
  - More volume and conditioning
- Arms swings
- Hamstring-hip activation
- Active off the ground
- Position Knee Drive

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### Technical Jump Sessions

- Short Approach Long Jump
- Put it all together
  - 6 - 12 steps
  - Deciding Step count
  - Rhythm and Timing of jump
- Important to record distance/speed and compare previous training sessions

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### Periodization

- Train them based on talent, level and tolerance
  - Individualized Training
- Simplicity is a key concept
- Typically 4 weeks per cycle
- Control volume & intensity
  - Peak when it counts (@Championship season)

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## Identifying Needs & The Future Ahead

- Record data regularly
  - Previous year in review
  - New Short/Long Term Goals
- Common Tests:
  - Hang Clean
  - Standing Jump
  - Flexibility
  - Overhead Shot
  - Short Sprints
  - Etc.

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## Identifying Needs & The Future Ahead

- Goal: Avoid overtraining syndrome
  - Restoration / Recovery
- Flexibility
  - Improving Flexibility during strength development will result in great muscular force production
- Improvement / Patience

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## Training Recommendations

- Follow a Progression Plan
  - High knee skips
  - Standing Jumps
  - Box Jumps
    - Take-off / Landing
  - Mini hurdle pop-ups (continuous)
  - Short approach jumps
    - 2-12 steps

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## Review

- Planning
- Speed Development
- Strength
- Technique

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Thank you!

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