

# Triple Jump



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## Main Points

- Goals
- Approach Development
- Technique
- Drills on Drills

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## Identifying Jumpers on your Team & Beyond

- Multi sport athlete vs Specialization
  - Athlete may not know it yet
  - Other events / sports
- Triple Jumpers
- Training philosophy

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### How will we get there?

- Goal Meetings
  - Clear & Concise
  - Communication
  - Motivation
  - Accountability

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### How will we get there?

- Long term vs Short Term
  - Session, Day, Week, Month..... Olympics
    - Goal: Start simple and become specific!
- “Every champion was once a contender that refused to give up!”  
-Rocky Balboa

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### Planning

- Risk vs Reward
- Goals and Needs of the Athlete
- Event Spacing
  - Very important with TJ
  - Variety
  - Practice vs Competition
- Chasing Qualifying Standards

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## Elastic Strength

- Olympic Lifts
  - Speed Bounds
  - Sprinting
  - Depth Jumps
  - Bounds
  - Hops
  - Hurdle Hops
  - Short approach jumps
  - Standing Jumps
- Recording Data is important

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## The Approach

- The most important aspect of the horizontal jumps!
- Speed through the board into the take-off
- Optimal take-off position
- Consistency "Every inch counts"

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## Approach

- 2-3 Phases or sections
  - Push
  - Transition (set up to fast sprint)
  - Attack (the board)
- Rhythm Cone Drills

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## Approach

- Teach and develop mechanics all the time
- Be specific in everything you do!
- Check marks to find rhythm along with better consistency and patience
- Practice an effective approach run early and often

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## Finding an Approach

- Take away the board
  - Advantages
  - Disadvantages
- Consistency out of the start of the approach
  - Develop a push mark to be precise
- Rhythm of a free throw

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## Approaches

- 3 - 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
- Coaches (mid) mark – 5 or 6 steps out
  - Weather

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### Effective Approach

- Most approaches are between 16-22 strides
  - Determining Factors: Fitness level, timing, accuracy, experience
- Jumpers with good acceleration use 14-16\*
  - Follow Progression: Indoor to Outdoor season (Window)
- Attack the board and "Run through the hop"
- Goal: As fast as possible (within control) to the board

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### Effective Approach

- Check Marks
  - Usually 2 or 3
- Coaches (Mid) Mark
  - 6 stride count from the board
    - Male 40-45ft
    - Females 35- 40 ft.
  - Advantages
- Competition adjustment

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### Things to Look for When Working Phases

- Ground contacts
- Foot position
- Heel to toe
- Active vs Passive
- Hip, Shoulder and Knee positions

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## Hop Phase

- “Run through the hop”
  - Goal: keep loss of momentum as minimal as possible
  - Tall, aggressive and confident
  - Allows a full range of motion cycle
    - Wait for ground to come to you
    - Sets up a balanced and controlled contact
  - Arm swing
    - Double vs Single
  - Take-off: 14 – 16 degrees (depends on experience)
    - High hop effects step

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## Step Phase

- Shortest phase
- Be patient and ride it out
  - Wait and react (aggressively)
  - Airtime, balance and control is key
  - Utilize free leg (swing knee) to help the body move
- Arm swing can be different through each phase
- Up to 6x his/her body weight
- Space

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## Jump Phase

- Highest phase and usually around the same distance as hop phase
- Goal: Continue to maintain speed
  - Keep your loss of speed as minimal as possible
- Similar to long jump with slower speed
- Effective flight mechanics increase the ability to control forward rotation

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## Jump Phase

- Hang vs Hitch kick
  - Hang is the most common method in TJ
  - The key is to get maximum extension in flight
  - Repetition: Timing with landing
    - Be consistent (internal clock)
    - Wait for the ground to come to you
  - Finish the jump with feet extension and bringing the body through

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## Alternate Bounds & Speed Bounds

- More Volume in the fall
- Single leg power
- Separation and Swing
- Active ground contacts
- Timing and speed indicator
- Positioning

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## Hop Drill

- Shoes vs spikes
- Cycle into the pit
- Goal: Run through the take-off
- Big cycle that creates great separation
- Arms

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## Box Drills

- Turf vs track
  - Volume and Intensity
- Arms swings
- Hamstring-hip activation
- Timing
- Separation

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## Hop + Land Drill

- Run thru the take-off
- Full hop + active transfer
- Set up proper foot placement
- Lead Knee Swing

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## Combo Bounding

- Advantages:
  1. Ground Contacts
  2. Maintaining speed
  3. Positions
  4. Balance
  5. Fight Gravity
  6. Coordination
  7. Separation
  8. Transitioning
- Many different variations

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## Technical Jump Sessions

- Short Approach Triple Jump
- Put it all together
  - 6 - 12 steps
  - Step count is relative to fitness level and point in the season
- Rhythm and Timing of jump
- Important to record distance/speed and compare previous training sessions

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## Remember to have some Fun

- Gym / Trampoline
  - Break from the track
  - Timing
  - Extra Hang time
  - Coordination
  - Re-energize
  - Foam Pit Flips

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## Training Recommendations

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

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## Identifying Needs & The Future Ahead

- Record data regularly
  - Triple Jump vs other events
- Common Tests:
  - Multiple 1-leg Hops
  - Standing TJ
  - Combo Bounds
  - Contacts
- Keep it Simple!
  - Standardized testing
- Follow a progression plan

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## Review

- Goals
- Approach Development
- Technique
- Drills follow a progression

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THANK YOU!

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