Training for Triple Jump

Athlete must be:

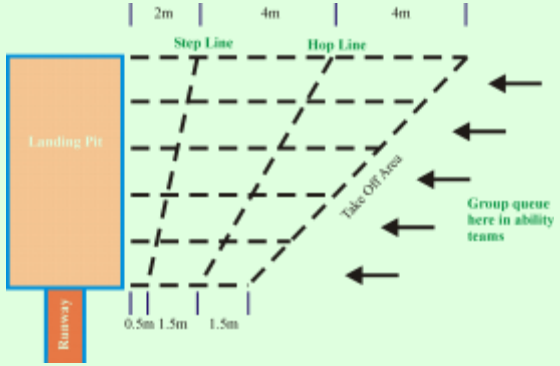
- A good sprinter with excellent jumping qualities
- Strong
- Coordinated and agility
- Courageous

So training sessions for developing athletes will include:

- A dynamic warm up with mobility work
- Drills which specifically warm up the athlete and enhance triple jumping skills
- Technical training for the triple jump
- Speed work to develop sprinting speed for the run up and jumps
- Strength development
- Warm down

Teaching Triple Jump to a Varied Ability Group

Athletes can be organized into ability groups and should aim to progress to more widely spaced lines. Athletes will tend to look down at the lines limiting good jumping posture, so encourage them to keep heads up. The trunk should be upright and the hips kept under the trunk. As athletes develop the sequence of movements, ensure that good technique and posture are in place before longer distances are attempted.



Adapted from

Triple Jump

Triple Jump Basics

Athletes taking up this event should be fast sprinters with great ballistic strength. The event requires the athlete to have good rhythm, balance and agility and the ability to master a complex technique. It is generally thought that the jump event of the ancient Olympics was a 'multijump', since the record was 16.76m. However, the documented history of the triple jump began in the 18th century where various combinations of three jumps were used. Two hops and a jump was the dominant technique in those early days. The modern triple jump requires a fast run followed by a hop, then a step (bound) and finally a jump into the sand pit.

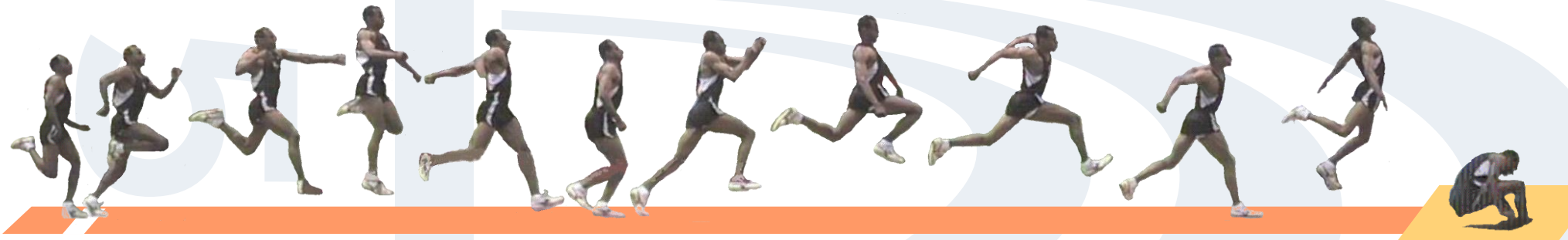
Basic Rules of Triple Jump

- The athlete runs to the take-off board (which is 20cm in width) and must take-off from behind the take-off line.
- The athlete hops by taking off from one leg and landing on the SAME leg.
- The athlete steps by taking off from one leg and landing on the OTHER leg.
- The athlete jumps by taking off from one leg and landing in the sand on two legs.
- The hop and step must be made on the runway between the take off board and the front edge of the sand pit – to comply with this rule triple jump runways are constructed with alternative take off positions at 9m, 11m and 13m.
- Measurement of the triple jump is made from the edge of the take off board closest to the pit to the nearest mark made in the sand pit by the athlete.

Equipment for Triple Jump

A sand pit or very soft landing area.
Suitable warm clothing to ensure good range of movement.
A good quality, sturdy pair of training shoes to withstand the many multiple jumps necessary to develop as a jumper.
A pair of spikes which has a built up heel and support going through the mid sole.

Triple Jump Technique



Hop **Step** **Jump**

The Run-up

- The start should be from standing – for accuracy.
- The run should accelerate smoothly until the last four strides.
- The last two strides into take-off are made with a galloping (daa-de) rhythm.

Rhythm

- The rhythm of the three jumps is vitally important to gaining good distance. The athlete should attempt to make the flight time of each jump equal. The athlete should therefore sense a TAA – TAA – TAA timing.
- Beginners often demonstrate a long hop and very short step, followed by a medium jump! This pattern is very inefficient. The best distance ratio for a good triple jumper should be approximately: Hop 36% Step 30% Jump 34%

The Hop (the same foot must be used to take off and land)

- The athlete gathers for the hop in the final two strides and takes off, driving the free knee vigorously upwards along with the opposite arm. The take-off leg is extended dynamically. The athlete should sense a flat footed contact with the take-off board, although in actual fact it will be slightly heel first.
- During the flight, which must be balanced, the take-off knee is picked up and brought to the front of the body so that the thigh is parallel to the ground. The athlete is then in a position to reach and strike to engage the 'active' landing and take-off for the second phase.

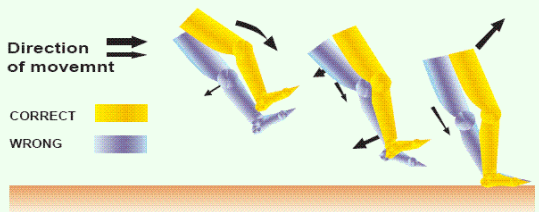
Arm Actions

- Arm action is an important aspect of triple jump. The arms can be swung together – double arm shift, or swung one forward, one backward as in a natural running action – single arm shift. At take-off this action adds upward momentum. A two arm shift is probably more effective but takes longer to complete and is more appropriate for experienced jumpers.
- Most triple jumpers use a single arm shift in the hop phase. The jumper is losing velocity into the step and more athletes choose to use a double arm shift for the step. The final jump sees the athlete striving for every possible assistance in gaining distance and many arm actions can be seen – some more efficient than others. All jumpers should aspire towards a double arm shift for the jump.

The Bound or Step (the landing must be made on the other foot from take-off)

- The athlete can use a single or double arm action shift, but must drive the free knee vigorously so that the thigh reaches a position parallel to the ground. The athlete approaches a splits position in the air when the action is completed properly.

Landings made on the balls of the feet are highly unstable and injury may occur.
Teach the 'reaching and pawing' action of the lower leg during landing and take-off. This can be done over a series of six to eight large steps or in the step phase of skipping (hop/step, hop/step, etc.). During flight the lower leg is extended forward. On approach to and during landing, the leg is swept backwards to minimize shock and also to maximize forward momentum.



"Active" leg action into landing. Also showing "knee out the back " "BLOCKING BRAKING".

The Jump

- Momentum at this stage is dropping rapidly, however much the athlete strives to maintain it. A double arm shift should be used and, as in all jumps, the free knee should be driven hard and the take-off leg extended explosively.
- The jump, if long enough, can be completed with any of the recognized long jump techniques. However, beginners are unlikely to have enough time in the air for such luxuries, and a 'stride' or 'hang' style is adequate. The aim of the flight is to adopt a position in the air that will allow for an effective landing with legs fully extended in front, and with the arms high above the head so that they can be swung downward and backwards. This action lifts the feet prior to landing. Take-off angle should be higher than for the hop and step.