

# Long Jump Drills

## Warm-up

- -Walk heel to toe roll up x 10 m
- -Mini bounds RRRR then LLLL = 1 time. Do 3 times
- -Mini bounds lateral right then left x 5 each foot
- -Mini double; RR-LL-rest. Repeat 3 times
- -Standing long jump x 3. Knees come up
- -Double leg Bounds 2 on right then 2 on left - rest-do 2 times
- -Standing triple: Start standing on 2 feet-hop/step jump. rest do 2 times
- Double- Double: From a double leg start/arms in sweep bound forward landing /right right then left left into the pit This is a good entry into the step phase. Do 2 times
- -Skip for height: run in air into pit x 2
- -Skip for distance: run in air into pit x2
- Hurdle drill: place about 7 M apart. Right over land R then step L 1-2 count between hurdles.
- Left foot lead is opposite.
- Run-Run jump: Right foot take-off: Every other right step

Step right then left then jump from R-land left.

-Hurdle jumps: Right leg over (L if left foot take-off) -land right then step L.  
Count 1-2

## Progressions

1. Run-run jump-don't worry about arm
2. Next time through think heel to toe lead
3. Penultimate: Taught to lower shin and displace-
4. Add in arm action: opposite the take-off leg should go over and forward  
(hand by hip-circle behind and bring forward).

5. Short distance take-off. If you use an even number of steps there should be 4 steps total. If odd number then 5 steps.

-Now run into the air at take-off into pit using 1 arm action. Arm opposite the take-off leg should go over and forward (hand by hip-circle behind and bring forward).

6. Now move back 6 (even) or 7(odd) steps.

