**In-class Practical Assignment – Triple Jump**

Kim Robertson & Megan Hedican  
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EPHE 106

Triple Jump Description

* Triple jump is very similar to long jump in most aspects; however, it also includes a hop, step, jump motion. The jumper approaches the sand pit by running down the runway and then performs a sequence of hop, step, and jump from the takeoff board into the sand pit.

Introduction

* What are the differences between triple jump and long jump? (**The hop, step and jump phases**)
* What are the six phases of triple jump? (**Approach, Hop, Step, Jump, Flight, Landing**)
* Triple jump dates back to the Ancient Olympic Games and has been a part of the modern Olympics since 1896.
* In the Olympics the distances from the takeoff board to the sand pit is 13 meters for men and 11 meters for women. Can you guess the current triple jump world records for men and women? (**Men**: Jonathon Edwards of Great Britain at 18.29 meters **Women**: Inessa Kravets of Ukraine at 15.50 meters)
* In the Olympics, each athlete gets three qualifying jumps, and then the top eight athletes get three more jumps to determine placing (the qualifying jumps do not carry over).
* Triple jump fouls are the same as in long jump (overstepping the takeoff board or missing the sand pit), except in triple jump a foul also occurs when a jumper does not use the right foot sequence throughout the hop, step and jump phases.

Warm-up

* Have the class form two lines, side-by-side a partner, and complete one lap around the track, with a pair of leaders indicating actions throughout the lap (up, down, turn, switch, butt kicks, high knees).
* Set up a 15 meter runway, and have the class form four lines and complete the following dynamic stretches: walking lunges, arm circles (forward and backward), front high-kicks, hip flexor outside-ins, and hip flexor inside-outs.

Focus

**Approach – Technical Elements**

* It is the same as the long jump approach; generate and maintain speed and horizontal velocity.
* For high school jumpers approach is generally 15-19 strides; whereas, for senior athletes it is generally 19-23 strides. Since this group of students has a range of experience, some may not be ready for the longer approach so we will use the high school approach of 15-19 strides.

**Hop – Technical Elements**

* Take off and land with your strong leg (the leg you would kick a soccer ball with) while maintaining horizontal velocity (an upright body position).
* Drive forward and up with your opposite leg.

Practice Drill #1 – Single Leg Hops

* Set up three lines with four hula hoops a meter apart in each line.
* In three lines, have the class practice the hop phase, hopping from hoop to hoop with their strongest leg.

**Step – Technical Elements**

* Take off with your strong leg immediately after landing your hop, and drive your opposite leg forward and up to get a higher jump.
* Extend your take off leg behind your body while holding your drive leg parallel to the ground at 90 degrees.
* Keep your body upright with your head facing forwards.

Practice Drill #2 – Bounding Steps

* Students stay in same groups as previous drill.
* Students practice the step technique by taking off from the first hoop with their strong leg and landing on their opposite leg in the next hoop.
* Once they land in the hula hoop they immediately take off on the same foot they landed on and land in the next hula hoop with the opposite foot so the motion of switching feet, while creating horizontal velocity, can be practiced.
* Focus on jumping as far as possible.

**Jump – Technical Elements**

* Take off with the opposite leg as the previous two jumps (non-dominant leg) this time jumping vertically as well as horizontally.
* Drive your free leg up so that it is slightly above waist level to produce vertical momentum.
* Hold your torso erect with your chin up and eyes looking past the sand pit.
* Drive your arms forward and up to build momentum.

Practice Drill #3 – Hula Hoop Hop, Step, Jump

* Starting from standing students hop from the first hula hoop to the second, step from the second to the third and jump from the third to fourth hula hoop.
* Once students get the hang of the steps, a 3 to 5 step run-up approach will be introduced so they can practice maintaining horizontal velocity throughout the movement.

**Flight – Technical Elements**

* It is the same as long jump’s flight phase.
* Arms must be fully stretched and above the shoulders and then brought forward and down.

Practice Drill #4 – Sand Pit Hop, Step, Jump

* Dividing the group in two, each group will practice jumping into the sandpit using the hop, step, jump, technique.
* To maximize practice time with the final jump into the sand pit, students will practice jumping into the sandpit entering from the side.
* The approach will be kept short, 3-5 strides to begin with and progressing when the student feels comfortable enough to add more speed and therefore more steps.

**Landing – Technical Elements**

* It is the same as long jump’s landing phase.

Practice Drill #5 – Full Triple Jump

* Because of the diverse skill level, heights and abilities of this group, a set take off point would result in many students not making it to sand pit for their final jump. For this reason, we will ask students to choose a starting point that they are comfortable with for their take off point based on how far they were jumping in the previous hop, step, and jump drill.
* Once they have decided on a takeoff point students will then have an approach of approx. 19 steps

Cool-down

Hop Scotch Relay Race

* Have students get into teams of 4.
* Each team will have an identical hop scotch pattern to complete with and object they must pick up on square 5 and put down on square 5 on the way back.
* Teams will send a competitor through the hop scotch one at a time until all of the teammates have completed the hop scotch.
* The first team that has completed this task will win!

Conclusion

These drills were used as a progression to teach the basic movements of triple jump. The goal by the end of the lesson is to have each student be comfortable performing the hop, step, and jump sequence as well as be aware of the technical skills needed to succeed in triple jump.

* Comment on progress of overall group
* Allow time for questions from group