

## Triple Jump

- ❖ Approach
  - Drive Out
    - Wall Runs- as if pushing car
    - Resistance March with band
    - Roll Over Start Position- chest over front foot/exaggerated full range of motion arms/low heel recovery in initial steps
    - Rhythm Runs- 15 step (5x3) accelerations- 1-2-3,1-2-3,etc. from Drive Phase-Total Body erect for last 6 high frequency strides
    - Dorsiflex Runs- 12" hurdles set 4' apart. Focused on dorsiflex foot contact and heel recovery- using hip flexors to recover leg movement.
    - Low Heel Recovery Runs- 4" hurdles set 6' apart. Focus on quick foot contacts (1 between hurdles) and rapid low heel recovery to simulate last 3 steps.
    - 5 count Short Approach runs with Step Checkpoints- chalk/tape Take-Off board
    - Full Approach runs with Step Checkpoints- chalk/tape Take-Off board
- ❖ Phases- Drills are done on **BOTH legs** so that there is NO weak leg
  - Standing TJ Drills (can progress to 2 steps, 4 steps)
    - Step-Step-Jump: Starting approx. 20' from sandpit, R-L-**Active Landing** in sandpit. Focus on extension off of Take-Off board, landing erect and actively clawing the ground
    - Hop-Hop-Jump: Starting approx. 20' from sandpit, R-R-**Active Landing** in sandpit. Focus on horizontal velocity
    - Hop-Step-Jump: Puts together TJ phases without approach speed. Focus on extension off Take-Off board, horizontal velocity, long jump take-off and active landing
    - Hop-Hop-Step-Jump: Simulates the TJ from a single leg take-off from Take-Off board. Must back up the starting point 6'-8'.
    - Alternate Leg Bounding x 2
    - Continually Hop Step x 2
    - Single Leg x 2
  - 2 Footed Drop Box Series- Focused on explosive foot contact off ground with minimal ground contact
    - Stepping off of 6"-12" box explode off ground and land in place
    - Explode over hurdle
    - Explode into Sandpit
    - Explode into TJ phases

- 2 Foot → 1 foot Take-offs (into Sandpit)  
Focus on explosive foot/ground contact. Body stays erect  
Do for both legs to keep body balanced and evenly explosive
- Hop, Hop-Step, Hop-Step-Jump Sandpit Series/Progression
  - **EXCELLENT** series for body maintenance. Low impact in sand contacts
  - Cadence- And-Push-Pull-GO! (4 steps)
    - ◆ Hop: Land Hop in sand and drive out to Step
    - ◆ Hop-Step: Land Hop in sand and drive into 2 Steps in sand
    - ◆ Hop-Step-Jump: Land Hop in sand, drive into Step and finish Jump all in sandpit

### Triple Jump Drill Sets

#### Claye:

- Roll Over Start Position Drive Outs** (5 x first 4 steps) Tape down first step checkpoint, tape down 4 step contact. Be consistent on both.
- Low Heel Recovery** (5 x 4 barriers)
- Step-Step-Jump** x 3 Into sandpit, from standing (do both legs)
- Hop-Hop-Jump** x 3 Into sandpit, from standing (do both legs)
- Hop-Step-Jump** x 5 into Sandpit (only w/competition phases)
- 2 Footed Dropbox over hurdle** x 5
- Sandpit Series Hop-Step** x 3/leg
- HJ Pit Landing Drill** x 6

### In Season Triple Jump Drill Sets

#### Banks:

- Roll Over Start Position Drive Outs** (5 x first 4 steps) Tape down first step checkpoint, tape down 4 step contact. Be consistent on both.
- 2 Foot → 1 foot Take-offs** x 4 (into Sandpit)
- Sandpit Series Hop-Step-Jump** x 3 (only w/competition phases)
- Hop-Step-Jump** x 3 into Sandpit from standing (only w/competition phases)
- Hop-Step-Jump** x 3 into Sandpit from 2 count (only w/competition phases)

### TESTS:

- **Hop-Hop-Step-Step-Jump (start from 2-footed hop)**  
Measuring this total distance should equate closely to what an athlete should be jumping from a full approach at that point of the training cycle.
- **6 Single Leg Hops into Sandpit (5 contacts on runway 1 in sand)**  
Do both legs and compare. No more than 18" difference is acceptable
- **5 Bounds into Sandpit (4 contacts on runway 1 in sand)**  
Measure out and compete