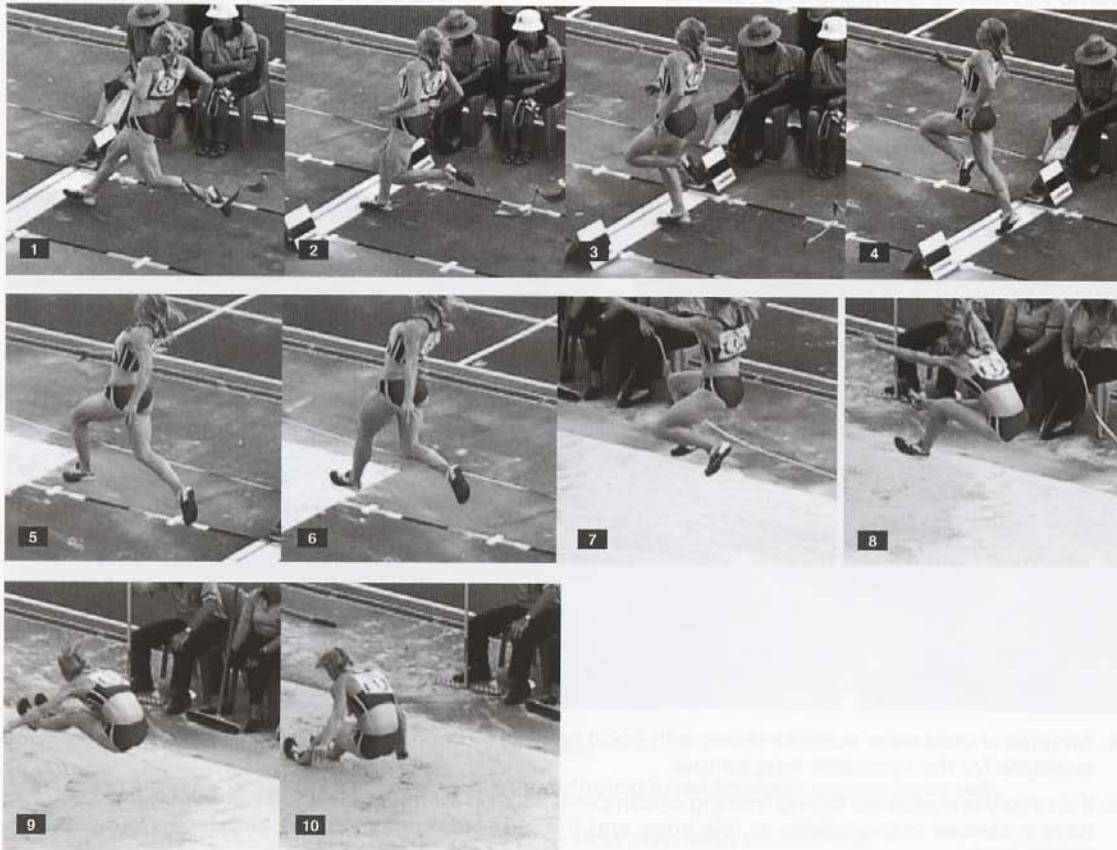


LONG JUMP



POINTS OF TECHNIQUE

1. A rough "rule of thumb" for the number of strides in the runup for athletes aged 10 to 16 is the athlete's age \pm one. Shorter athletes tend to accelerate more quickly while taller, longer legged athletes might require more strides to give them time to reach optimum speed at the take off.
2. The approach run must be controlled and accurate.
3. The jumper aims to speed up over the last 4-5 strides.
4. Takeoff foot strikes the metre square or board in advance of the body (Figs 1,2).
5. The jumper drives the free leg (bent at the knee) and the arms, high in the air (Figs 3,4).
6. The aim is to jump UP and OUT.
7. The movement of the legs shows a large split range at the hips (Figs 5,6).
8. The thighs are lifted high to get the legs shooting out for the landing (Fig 7,8, 9).
9. Legs bend at hips and knees to allow body to pass over heels when landing (Fig 10)

1. RUN UP

- must be fast, accurate and allow the athlete to perform an explosive and well coordinated take off

2. TAKE OFF

- must be powerfully executed with emphasis on attaining the best vertical velocity without drastic reductions in vital horizontal speed

3. FLIGHT

- the main aim is to establish conditions for an efficient landing and to counteract the rotation developed at take off

4. LANDING

- to achieve a position with the feet as far forward of the jumper's centre of gravity as possible without falling back

The above information has been obtained from the ATFCA, Introduction to Coaching Manual