

TRIPLE JUMP

The old title for this event was the “Hop, Step and Jump”, a title which, although describing the basic actions of the three phases is less appropriate than the picture created by the term “Triple Jump”. It is important to view the event as one continuous series of actions rather than one with totally separate parts. In very basic terms the athlete completes an approach run and:

1. Takes off one foot, travels through the air and lands on the same foot (HOP) (Fig 1).



Fig 1

2. Takes off from that same foot, travels through the air and lands on the other foot (STEP) (Fig 2).



Fig 2

3. Takes off from that same foot, travels through the air and lands in the sand pit on two feet (JUMP) (Fig 3).



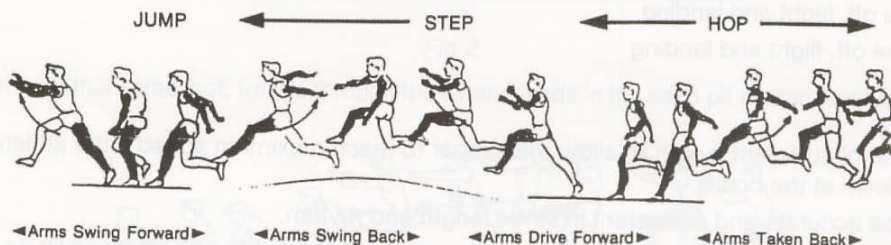
Fig 3 (Double arm action has been used)

Viewed from the side the event can be observed as having **RHYTHM** – the landings should sound evenly spaced

... Dah Dah Dah

INCREASING HEIGHT – visually there will be an increase in the height of each phase:

HOP	STEP	JUMP
Low	Higher	Highest



The triple jump is a very tough event physically and the athlete must, in addition to having natural running and jumping ability, be strong in the back, hips and legs. It is an event that attracts athletes of all shapes and sizes and is exciting to watch as well as participate in. The current world record is 17.89m - about the distance of four family cars parked in a row. Athletes in the 15-18 years age group can jump in excess of 14.50m-15m. These distances indicate the need for speed, strength and resilience.

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