

THE TRIPLE JUMP

Triple Jump is basically a **speed** event. The athlete takes off from the board after completing a run-up to it, exactly as in the Long Jump. However the athlete will **project** her/himself at a **considerably smaller angle** of elevation than the Long Jumper. If the right foot is used for take-off, the sequence for the three phases is right (**Hop**) – right (**Step**) – left (**Jump**) – both (in pit). Thus one takes off from the right foot; lands again on the right foot and takes off for the **Step**, landing from this on the left foot; and the **Jump** is then completed into the pit from the left foot, landing exactly as in the Long Jump. If it is intended to use the left foot for take-off, then left and right must be interchanged throughout the above.

The Hop

After a fast run-up, the athlete **takes off** with a **strong forward thrust** from the jumping leg. The athlete's body is **upright** during take-off and a **flat horizontal trajectory** conserves **take-off speed** for use in each of the following two movements...

The athlete **drives** the thigh of the **leading** (non) jumping leg up to the **horizontal** and then **swings** it back to the rear. The thigh of the athlete's jumping leg is then **lifted upward** so that a **wide stride** position exists at the mid – **point** of the **Hop**. As the athlete's jumping leg lands, it flexes in preparation to **drive** the athlete forward in the **Step**. The arms work **vigorously** to **balance** the athlete's body and assist in driving the athlete forward. The **Hop** is approximately equal in length to the **Jump**.

The Step

The **Step** is usually **slightly shorter** than either the **Hop** or the **Jump**. The athlete's body is **upright** in the take-off for the step, and the **leading** leg is flexed and swung forward **vigorously** to become the leg that will **cushion** the athlete's landing at the end of the **Step** and then **immediately** drive the athlete forward in the **final jump**. At the **midpoint** of the **Step**, the athlete has a **wide stride** position.

The Jump

The athlete **vigorously swings** the leading leg forward from the **Step** into the jump, aiming for **distance** and a **good landing position** (feet together well in front of the athlete's body).

The triple jump should be a series of flowing movements and is looked upon as a very technical event to master, so the sooner you start the better.

Good leaping.

Mike Marston
B.A.A.B. Club Coach
16.09.09