







LONG JUMP

by Fletcher McEwen

Long jumping is a speed event. The length of a jump is directly affected by the speed of approach.

EVENT PHASE		
	APPROACH RUN ENTRY & ACCELERATION	<ul style="list-style-type: none">• Length —10-20 strides• Good running technique• Gradual increase in speed towards take-off
	PREPARATION FOR TAKE-OFF	<ul style="list-style-type: none">• Body becomes slightly more upright• Leg speed (cadence) increases• Speed is maintained and jumper runs tall
	TAKE-OFF	<ul style="list-style-type: none">• Slightly chopped last stride• Active and quick flat-footed foot plant• Minimal contact time at take-off (minimal bend of take-off leg)• Free thigh driven to horizontal and blocked• Ankle, knee and hip joints fully extended• Aim for high take-off angle

	<p>FLIGHT PHASE I</p>	<ul style="list-style-type: none"> • Free leg held in take-off position • Take—off position maintained • Trunk remains upright and vertical
	<p>FLIGHT PHASE II</p>	<ul style="list-style-type: none"> • Forward rotation controlled by making a long thin shape and actions of arms & legs • Legs moved to front in preparation for landing • Arms circle over head to front
	<p>LANDING</p>	<ul style="list-style-type: none"> • Legs are almost fully extended • Trunk is bent forward, arms are drawn backwards • Hips are pushed towards the touchdown point

The jumper must produce maximum controllable speed at take-off and then adopt a jumping style that will allow control of forward rotations generated at take-off. The approach run must be consistent, the athlete must "hit the board", as the jump is measured from the front edge of the take-off board.