

check list for the horizontal jumps

Athlete name: _____ Meet: _____ Date: _____ Jump mark: _____ wind: _____

APPROACH: Drive Phase:

- _____ Is the athlete's first movement consistent with previous optimal patterning
- _____ Does the athlete have proper posture: upwardly tilted pelvis?
- _____ postural angle/alignment of 'pushing out', driving outwards
- _____ is there longer contact, more powerful with the ground?
- _____ is there correct long elastic strength driving arm carriage?
- _____ is there a 'split, or 'open' stance achieved, leaving trail left 'behind'?
- _____ does the athlete his their first 'check-mark' at 6 strides out?

Continuation Phase:

- _____ is there a gradual angle to 90 degrees 'tall' posture?
- _____ is there noticeable oscillation in the hips?
- _____ is there continued wide angle split in stride?
- _____ maintaining posture (*upward pelvic tilt*)?
- _____ hands cupped with thumb up?
- _____ Dose the athlete hit their 4 strides from-the-board check-mark?

TRANSITION: Penultimate step:

- _____ Is there a continued displacement of the hips towards the board?
- _____ Is there the correct touch-down mechanics? i.e.:
- _____ Heal dorseflexed?
- _____ flat contact?
- _____ rolling towards the ball-of-the foot?
- _____ is there a 'bridge' off the ball-of-the foot?
- _____ Is the posture lowering of the centre of mass after(*in support*) of the step?

Take-off:

- _____ Where does the athlete hit the take-off board?
- _____ Is there stabilization of the cocked(*no mushing out*)ankle/lower leg?
- _____ Is the audible que a consistent progressive faster sound?
- _____ Does the free or 'swing leg' move forward with a big split, progressing up?

THE JUMP: Flight:

- _____ Does the body maintain forward momentum avoiding head back, back arched?
- _____ Does the jumper begin to prepare for landing at the highest arch of their jump?

Landing:

- _____ Does the athlete's arms continue in a sweeping down motion into the sand past the hips?
- _____ Does the athlete 'fold' forward with body continuing to move forward or to the side?
- _____ Does the athlete walk out of the front of the pit and smile to the coach?

Additional jump info: _____



LONG JUMP DRIVE PHASE

C. AJUNNA (NGE)
'96 GAMES



PENULTIMATE STEP

JJK @ '88 GAMES



TAKE OFF



PUSHOFF FROM THE BOARD

JJK @ '88 GAMES



BAD
PREMATURE FLIGHT



GOOD

← LOOK FOR
90° ANGLE