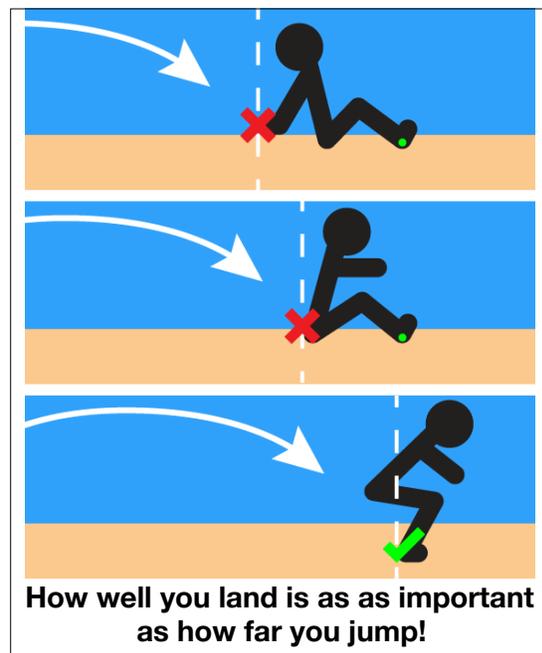
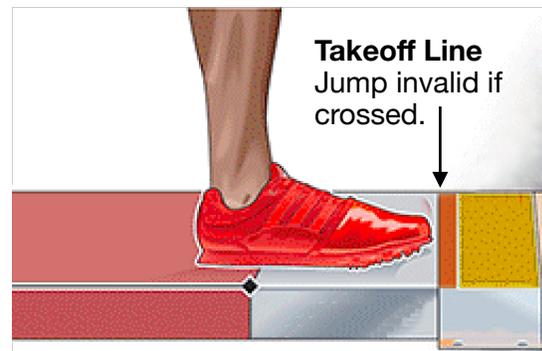


Jumping | Long Jump

The Long Jump requires athletes to combine speed, agility and jumping ability to leap as far as possible from a takeoff point into a sand pit.

- ◆ **Approach:** Our running approach will be 10 strides long. Each jumper will measure and mark their own starting point on the runway.
- ◆ **Crouch Start:** This style puts jumpers in a good position to accelerate. The toe of the jumping foot is positioned in the middle of the runway, lined up with the athlete's mark. The opposite leg is placed back.
- ◆ **Acceleration:** The jumper begins the acceleration phase with an aggressive, pushing off the front leg and strongly driving the arms. Athletes should be at top speed by the middle of the run.
- ◆ **Takeoff:** Athletes will jump, or take off, from a wooden marker at the end of the runway. Timing is critical. If the athlete takes off too early, their measured jump will be shorter. If they cross the marking board before take-off, the jump is considered a fault and will not be recorded.
- ◆ **Landing:** The long jump is measured as the distance travelled from the edge of the board to the closest indentation made in the sandpit. An indentation can be made by any body part, so it's important for a long jumper to land and fall FORWARD!



World Records in the Long Jump

Division	Distance	Name	Division	Distance	Name
Women	24'8"	Galina Christyakova	Men	29'4"	Mike Powell
Girls 9-10	15'14"	Margaux Jones	Boys 9-10	16'3.75"	Thomas Johnson
Girls 11-12	18'1.5"	Myra Combs	Boys 11-12	18'1"	Matthew Green
Girls 13-14	19'2"	Karynn Dunn	Boys 13-14	21'11"	Javier Rodriguez

How to Practice At Home

Helpful Drills

Run Up Practice

- ◆ Set up a pair of cones to represent the take-off board of the long jump.
- ◆ Place your jump foot on the take-off point, run 10 steps away and mark your starting point. Be sure to keep your steps even!
- ◆ Start with your jump foot on your starting mark and run 10 steps back to the take-off point. Be sure to accelerate as you would during the actual jump event.
- ◆ Adjust your starting point as necessary, so that you consistently reach the take-off point on your 10th step.

Frog Jumps

- ◆ Stand with your feet shoulder width apart.
- ◆ Jump as far as you can, landing on both feet.
- ◆ Reach forward with both hands at the same time.
- ◆ Try to do 5-6 successive jumps across your yard or driveway.
- ◆ Now turn around and jump back to your starting point.

Pool Noodle Jumps

- ◆ Stand behind a line on your jump leg.
- ◆ Practice jumping over a pool noodle placed 5 feet away.
- ◆ Reach out with your hands and try to land on both feet.
- ◆ If you fall on your landing, be sure to fall forward!