

17. Long Jump & Standing Long Jump

Jumping for distance refers to Long Jump and Standing Long Jump. Athletes should look to practice a **consistent, fast approach**; **powerful take off** and a controlled landing. Athletes should look to practice a **consistent, fast approach**; **powerful take off** (extending at the hip, knee and ankle); **tall and thin in the air** and a controlled landing (bending at the knee). Athletes should always maintain a good tall posture and core positioning for each challenge. Athletes should practice take off using both legs.

Stage 1 Red Challenges

18a) Demonstrate various jumps in **response to instructions** (jumps for height, distance, 2 feet to 2 feet, HOP etc).

18b) Demonstrate soft landing - **bending at the knees to cushion impact**.

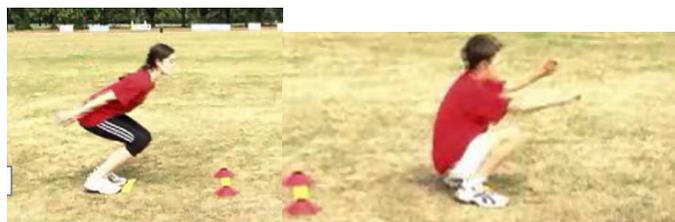
18c) **Take off from, and land in, different positions.**

CIRCUIT response to instructions around coned course

(jumps for height, jump for distance, HOP, 2 feet to 2 feet, etc).



Who lands softest? TAKE OFF & LANDING SCORE. SWING ARMS AT START & Bending at the knees to cushion impact.



Take off from, and land in, different positions.

Comfortable first jump. Then Go back foot from line each time to land same place



Stage 2 Yellow Challenges

18a) Use **backward to forward arm swing** to increase jumping distance.

18b) Jump for distance from **two feet to two feet**.

18c) Demonstrate control and balance on landing - **feet shoulder width apart; Centre of Gravity over base**.

18d) Jump for distance from **one foot to two feet (both feet)**.

backward to forward arm swing



distance from 2 feet to two feet GRASS & PIT



Then =feet shoulder width apart; Centre of Gravity over base. Grass & pit

one foot to two feet (both feet). Swing up forward then push down off/up



Stage 3 Green Challenges

- 18a) Identify **preferred take off leg**.
- 18b) Use a short run (**2 strides**) to jump from one foot to two feet (**both feet**).
- 18c) Demonstrate soft **controlled and landing into sand pit**.
- 18d) Focus is **forwards not downwards**.
- 18e) Move body parts in an effective order to aid jump distance and efficiency.

<p>TRIAL TO PIT to find preferred take off leg FROM BOARD THEN 2 strides to jump from one foot to two feet into pit</p> 	<p>controlled and landing into sand pit.</p> 	<p>Remember take off = forwards not downwards.</p> 	<p>Pose as land</p> 
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Stage 4 Purple Challenges

- 18a) Demonstrate **fast controlled approach** (optimum speed) with **limited run up: 10 - 12 strides**.
- 18b) Demonstrate **'Active' flat foot at takeoff** (dynamic down and back motion).
- 18c) Demonstrate basic **head up, chest up, drive up and forwards**.
- 18d) Demonstrate **awareness of the take off point**.
- 18e) Mark out basic **run up to achieve optimal speed and accuracy**

<p>10 - 12 strides ok pace</p> 	<p>'Active' flat foot at takeoff</p> 	<p>basic head up, chest up, drive up & forwards.</p> 	<p>awareness of the take off point.</p> 
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Stage 5 Blue Challenges

- 18a) Achieve optimum speed after a controlled run up.
- 18b) Drive the free knee up and forwards.
- 18c) Keep body upright and hips high at take off.
- 18d) Keep a tall upright body position in flight phase of jump.
- 18e) Judge distances accurately.

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Stage 6 Black Challenges

- 18a) Perform a consistent sprint technique on the approach run.
- 18b) Take off with power and control after a fast run up.
- 18c) Demonstrate full extension of hip, knee and ankle joint (in that order) at take off.
- 18d) Hold take off extension feeling (body tension) during early flight.
- 18e) Land with heels first, and bend knees to absorb momentum.

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