

19 Triple Jump

Multiple Jumps such as Triple Jump, Standing Triple Jump and variations of Hopscotch require **good coordination and rhythm**. The ability to combine two or more jumping actions under control requires the athlete to **correctly coordinate their** body movement while maintaining rhythm through each phase. Athletes should try to maintain equal phases and **not overstretch**. Athletes should also demonstrate all Long Jump technical competencies for their stage of progression, **demonstrating the ability to take off either leg**.

Stage 1 Red Challenges

- 19a) Demonstrate all of **Long Jump Stage 1 (Red)**.
- 19b) Perform **hop and jump combinations** with balance and control (both feet for hops).
- 19c) **Link multiple step/jump combinations** with balance and coordination

2 foot jump (end of TJ) – WARM UP - CIRCUIT response to instructions around coned course (jumps for height, jump for distance, HOP, 2 feet to 2 feet, etc).



Make point one foot to two as in triple jump!!

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



Demonstrate first HOP (ONE FOOT) TO JUMP (2 FEET)
 Demonstrate first STEP (ONE FOOT) TO JUMP (2 FEET)

HOP

STEP

STILL SPRINGY

Perform **hop and jump combinations**
2 hops but second leg land 2 feet bent knees



Link multiple step/jump combinations



Stage 2 Yellow Challenges

- 19a) Demonstrate all of Long Jump Stage 2 (Yellow).
- 19b) Demonstrate **a basic Hopscotch technique** with control and balance (See Coordination).
- 19c) Demonstrate **basic hop, step and jump** movements with speed and balance from stationary position.
- 19d) **Hop for distance.**

 <p style="text-align: center;">hop scotch lines and races – one foot to two foot .</p> <p>RACE UP & BACK OVER 2 SETS JUMPS</p>  <p>FLAT FOOTED LANDING BOTH FEET</p>	<p>basic hop, step and jump</p> 	
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Stage 3 Green Challenges

- 19b) Demonstrate basic triple jump sequences from short run up (**2 strides**) with rhythm, balance and control.
- 19c) Perform combination jump sequences with **rhythm, balance and control**.
- 19d) **Move body parts in an effective order** to aid hop and step distance and efficiency.

<p>FROM JUMP BOARD TO PIT 2 CONES BACK FOR HOP – STEP – JUMP (OFF BOARD)</p>	<p>4 PACE RUN UP – THEN HOP STEP JUMP</p> 	
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