Final Step Mechanics in the Long Jump

Todd Lane
Our Journey

• What it should look like

• Coaching it to get there and what it should feel like
  • Create landmarks
Distance and Flight

• Determined by set up on the ground
Goals of last 4 steps

• To maintain horizontal momentum
• To maintain horizontal displacement
• To create an efficient vertical path
4th to last step

• Normal sprint mechanics

• Complete Push-off
  • COMMON ERROR

• Lower recovery mechanics off of 4
3rd to last step

• Normal sprint mechanics

• Near complete push off – COMMON ERROR

• Lower recovery mechanics
2nd to last step

Contact

• Heel lead, flat footed landing
• Slightly in front
• Perpendicular shin
2\textsuperscript{nd} to last step

- SUBTLE Lowering occurs
  - 1/3 & 2/3
  - COMMON ERROR
- Lowering occurs forward and down
2nd to last step

- Horizontal momentum continues
  - Bridging of foot
  - Late in support, a checkmark of *displacement* (HJ)

- Lowered path
2nd to last step

- Horizontal momentum continues
  - Setups free leg stretch movement
  - COMMON ERROR = Foul
2nd to last step
2\textsuperscript{nd} to last step
Take off step

- Flat
- Nearly underneath
  - Push v Pull
  - Slight backward inclination of shin
  - Chest upright
- Free thigh moves horizontal
Take off step

• Rise occurs after moving past take off foot

• Hips move greatly past take off foot with still on board
How it looks

Done Poorly
How it looks

Done Correctly
Touchdown

Penultimate

3rd to last

4th to last

TD at board

Touchdown
Penultimate
Other Error Shooting

• Approach issues
  • Poor posture
  • Poor acceleration
    • Lack of momentum

• Anticipation of take off
Coaching It

• Accel and sprint development
• Full approach runway work with modified take off
Coaching It

• Exercises to teach last 2 steps
  • Skip - Height & Distance
  • Hurdles Jumps
  • Run-Run-Jump

Cueing
Coaching It

- Short run jump
  - 4-12 steps

- THIS IS WHERE THE WORK IS DONE
Short Run Jump Rules

1. Don’t try to jump far
2. Push and then chill, keep it open
   • Altered start
3. Be dramatic
Coaching It

• Avoid shiny objects
Watching/Coaching

• Watch shin angles

• Watch one side of the body

• Demand change
Cues/Goals/Teaching

The Approach Overall
• Build momentum
• Big, open runs
Cues/Goals/Teaching

• Feel knee drop forward & down

• Feel penultimate behind
Cues/Goals/Teaching

- Stay on penultimate longer
- Feel tall on penultimate
- Feel like airplane, not helicopter
Enjoy the Holidays!

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