

1 ☐ **HORIZONTAL JUMPS**

DEVELOPING A CONSISTENT APPROACH

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USATF LEVEL III COACH

IAAF ELITE COACH JUMPING EVENTS

2 ☐ **INTRODUCTION: KEYS TO APPROACH CONSISTENCY**

- 1. ELIMINATE VARIABILITY
 - STATIC VS. DYNAMIC START
 - DETERMINE WHERE VARIABLES TAKE PLACE
 - CHECK MARKS
 - APPROACH PHASES

3 ☐ **TRACKING THE BOARD**

- USING VISUAL CUES AND PERIPHERAL VISION
 - WHERE TO LOOK DURING APPROACH RUN
 - PARTS OF THE BOARD TO FOCUS ON DURING RUN

4 ☐ **MAKE THE CORRECT ADJUSTMENTS**

- FOULING DOES NOT AUTOMATICALLY MEAN MOVING BACK.
- SLOWING DOWN
- REACHING
- CHOPPING AND ADJUSTING

5 ☐ **GREAT WHITE BUFFALO APPROACH MENTALITY**

- TAKE AWAY THE VALUE OF THE BOARD AND EMPHASIZE CONSISTENCY AND CORRECT TAKE-OFF FEELING.
 - THE RESULT WILL BE BETTER JUMPS WITH MORE CONSISTENCY.