

Boo Schexnayder

## Technique and Accuracy in the Horizontal Jump Approach

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### Horizontal Jump Approach Basics

- Approach Length
- Odds and Evens
- Choosing the Starting Foot
- Choosing the Jumping Foot
- Long and Triple Jump Differences

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### Phases of the Approach

- The Start
- The Drive Phase
- The Continuation Phase
- The Transition Phase

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## The Start

- Mechanics of the Start
  - Simplicity and Consistency
  - Stance & Shins
  - Hip and Shoulder Positions
  - Weight Distribution
- Types of Starts
  - The Crouch Start
  - The Rollover Start

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## Approach Starts




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## The Drive Phase

- Momentum Development
- Mechanics of the Drive Phase
  - Frequency
  - Displacement
  - Range of Motion
  - Progression of Body Angles
  - Achieving Good Posture
    - The Head
    - The Hips

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## The Wall Drill




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## Resisted Runs




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## The Continuation Phase

- Conservation and Preservation
  - Posture
  - Range of Motion
- Frequency Development
- Vertical Pushing
  - Establishing a Vertical Motor Environment
  - Examining Shin Angles

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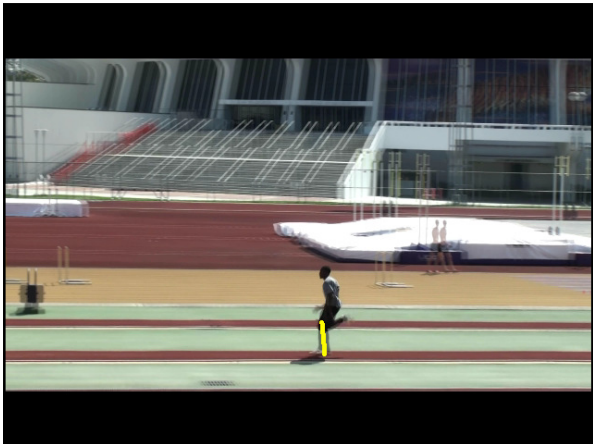
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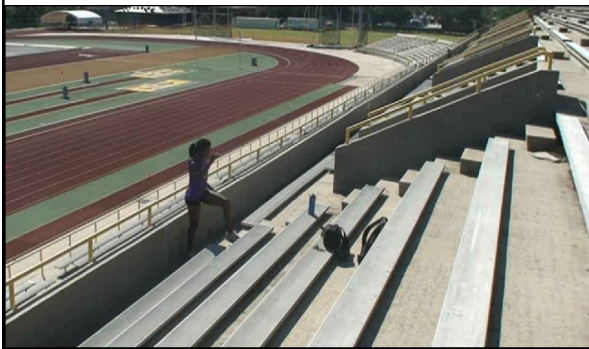
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## Stadium Runs



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## The Transition Phase

- Conservation and Preservation
  - Posture
  - Range of Motion
  - Vertical Motor Environment
- Frequency
- Common Problems
  - Diminished Amplitude
  - Excessive Frequency Increase
  - Lack of Momentum
  - Steering and Accuracy Issues

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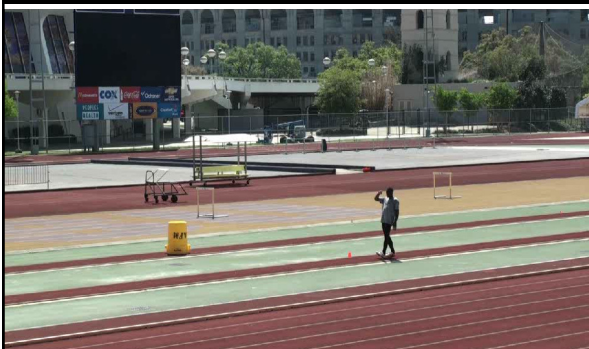
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## The Horizontal Jump Approach



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## Developing the Approach

- Developing the Start
- Teaching Acceleration Mechanics
- Teaching Continuation Mechanics
- Assembling the Approach
- Transferring the Approach
- Adding the Takeoff

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## Approach Assembly




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## Visual Focus in the Approach

- Steering and Target Tracking
- Visual Focus in the Phases
  - The Drive Phase
  - The Continuation Phase
  - The Transition Phase

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## Approach Management

- Stride Length/Frequency Factors
- Managing the Drive Phase
- Momentum Needs
- Checkmark Plans

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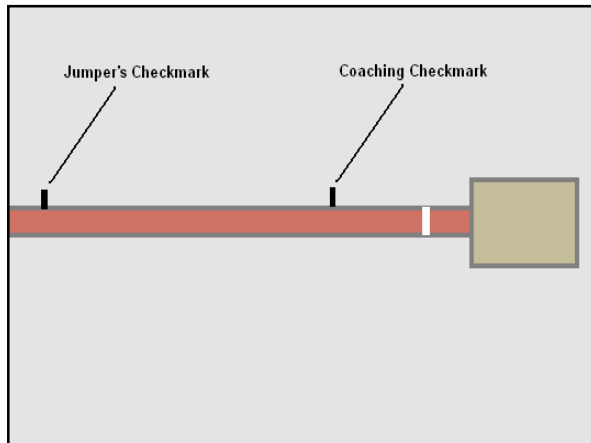
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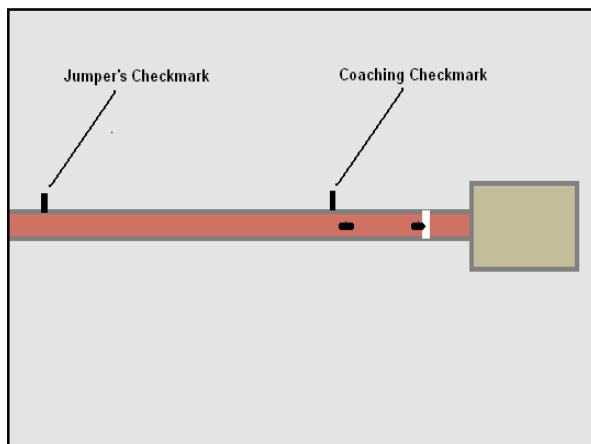
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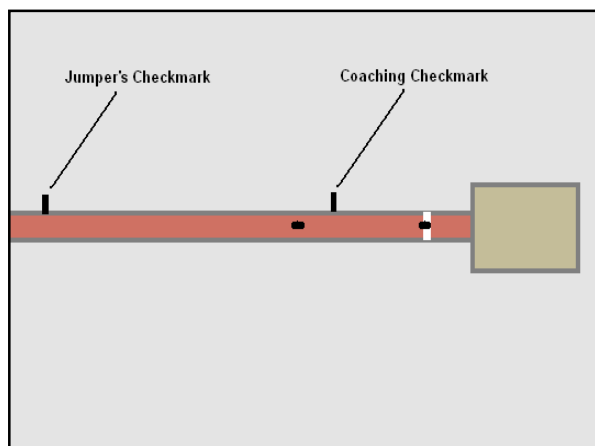
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## Approach Management

- Posture and Steering
- Tracking, Technique, and Steering
- Managing Wind

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