

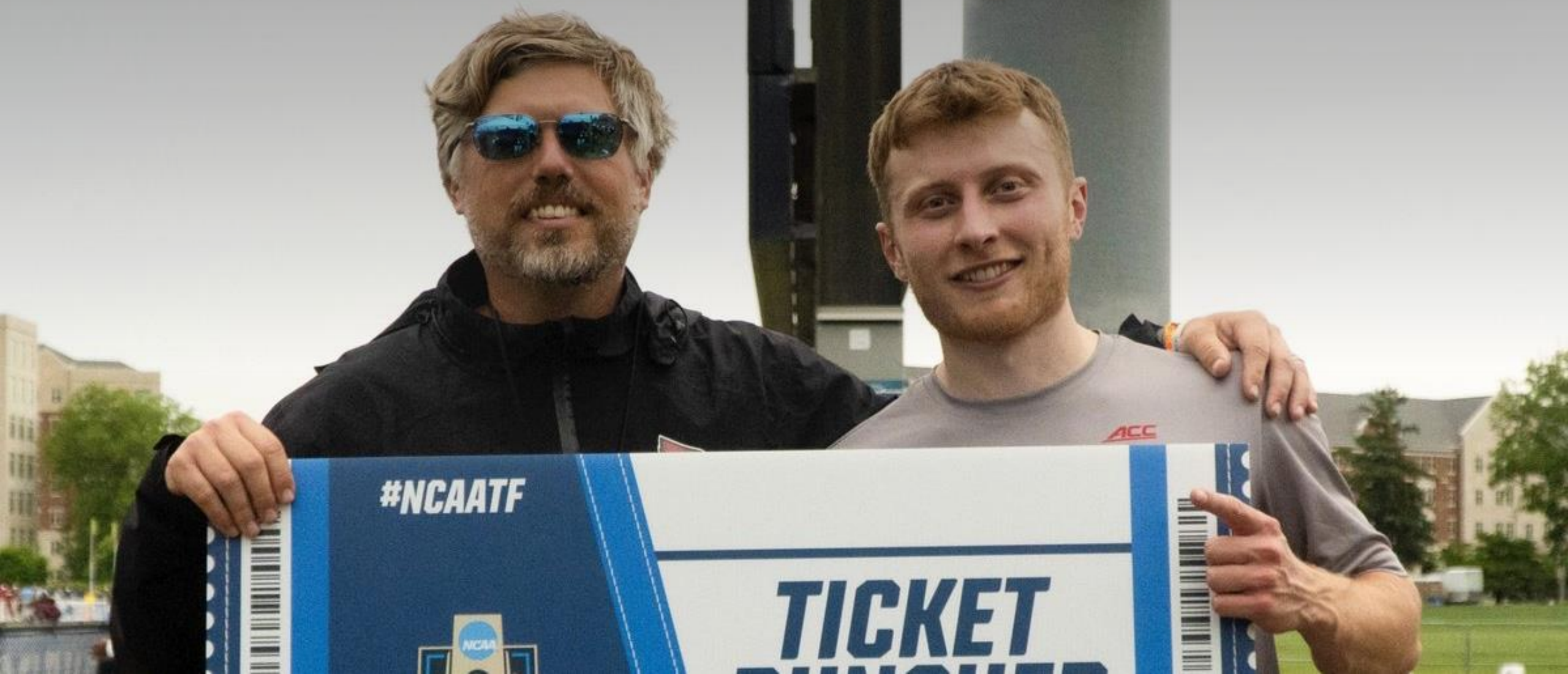


NO MORE 1CM
FOULS!

PRIORITIZING
FULL APPROACH
TRAINING
IN THE
LONG JUMP

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University of Louisville
MTCCCA '24
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INTRODUCTION



NO MORE 1CM FOULS!

- Philosophy of Training
- Technical Model
- Possible Causes for 1cm Fouls
- Possible Solutions
- Training Implications
- *Videos*
- *Conclusion*



PHILOSOPHY OF LONG JUMP TRAINING

- **What is the Ideal Practice for a Long Jumper?**
Useful guide
- **Full Approach Work is the Top of the Long Jump Training Pyramid**
- **Be Sure to Balance Speed Gains with Approach Rhythm and Accuracy**
Reactive strength as well
- **Short Approach Work is a Bridge to Full Approach, Not an End In Itself**
Keep it on the board
Don't overcook it off a box
- **Pay Attention to Shape of the Approach**
Checkmarks, Checkpoints, where corrections are occurring
- **Learn to Steer and Adjust Earlier**
- **Build Strategies, Playbook**
- **Finding Methods to Sift More Speed into Full Approach and Takeoff**
- **Replication is Key**



TECHNICAL MODEL

- **Approach:** *Create Elastic Environment, Accuracy, MCV*
 - Drive Phase:*
Postural alignment, shin angles, push, momentum dev
 - Continuation Phase:*
Smooth transitions, keep building speed, vertical shin
 - Transition Phase:*
Preserve speed, relaxation,
- **Takeoff:** *Speedy, Momentum-y, Horizontal Movement, Relaxed, Put Foot Down and Let Speed do the Jumping*
 - Penultimate:*
Subtle, displacement, roll shin
 - Takeoff:*
Slide, short, place and jump late
- **Flight:** *Relaxed, Spatial Awareness*
 - Landing:*
Postural alignment, awareness, relaxation, feet up, arm sweep

POSSIBLE CAUSES OF FOULING

- **Technical**

- Too low at the start*

- Floating in the middle*

- Inconsistent checkmark 4-steps out*

- Inconsistent stride pattern*

- Jumping too early*

- Blacking out*

- **Programming**

- Not rehearsed enough*

- Not challenged enough*

- Not developed along with speed*

- Variety and intentionality*

- Over-Emphasizing Speed without Calibration*

- Not developing absolute and reactive strength to handle the speed you're demanding of them*

- **Mental**

- Confidence*

- Recklessness*

- Vision or Not Tracking the Board Early*

POSSIBLE SOLUTIONS

- **Technical**

- Drive phase mark*

- Learning to steer earlier*

- Speed through the middle*

- Use Checkmarks for Spacing*

- Preserve final 4 steps*

- Jump late*

- Composure*

- **Programming**

- Ergonomic analysis of where you're budgeting your practice time*

- Think of myriad ways to train and challenge it*

- Density patterns are enormously effective as it pertains to pairing with speed development*

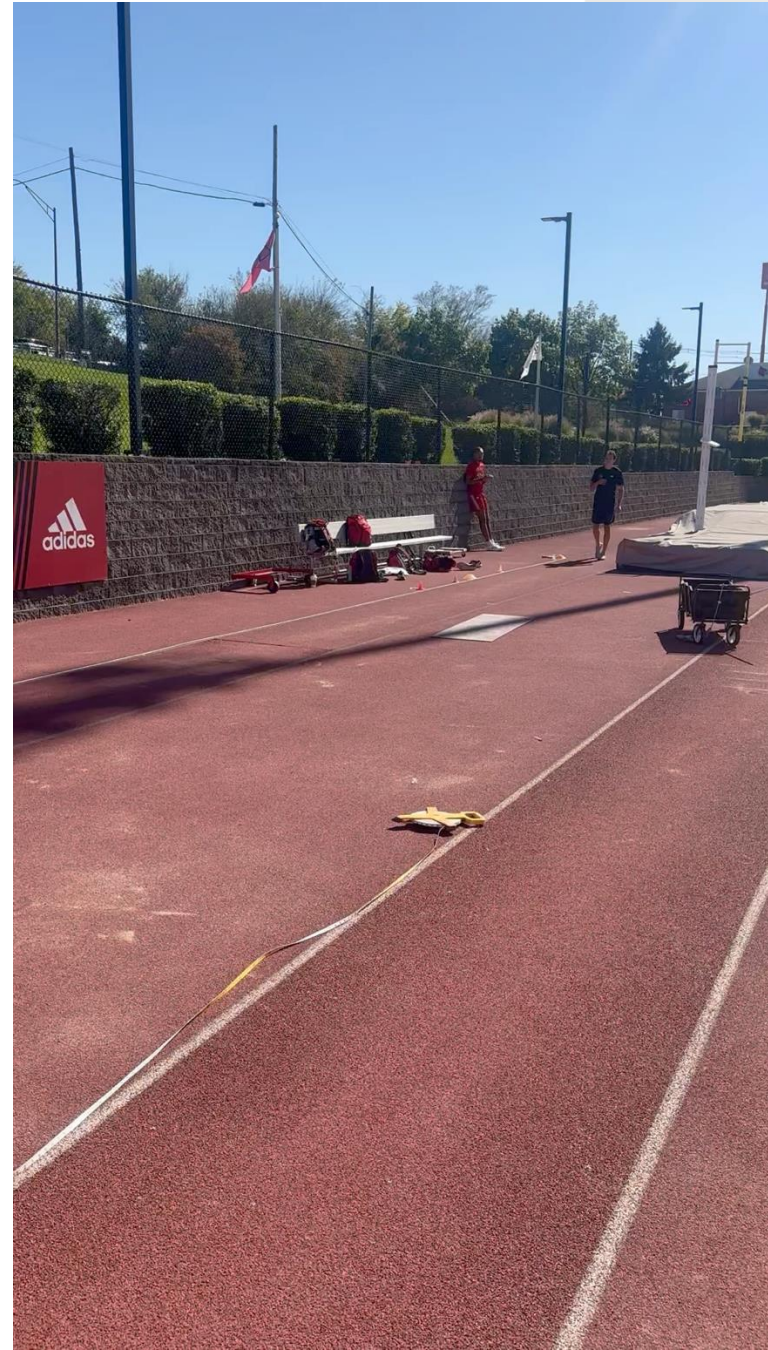
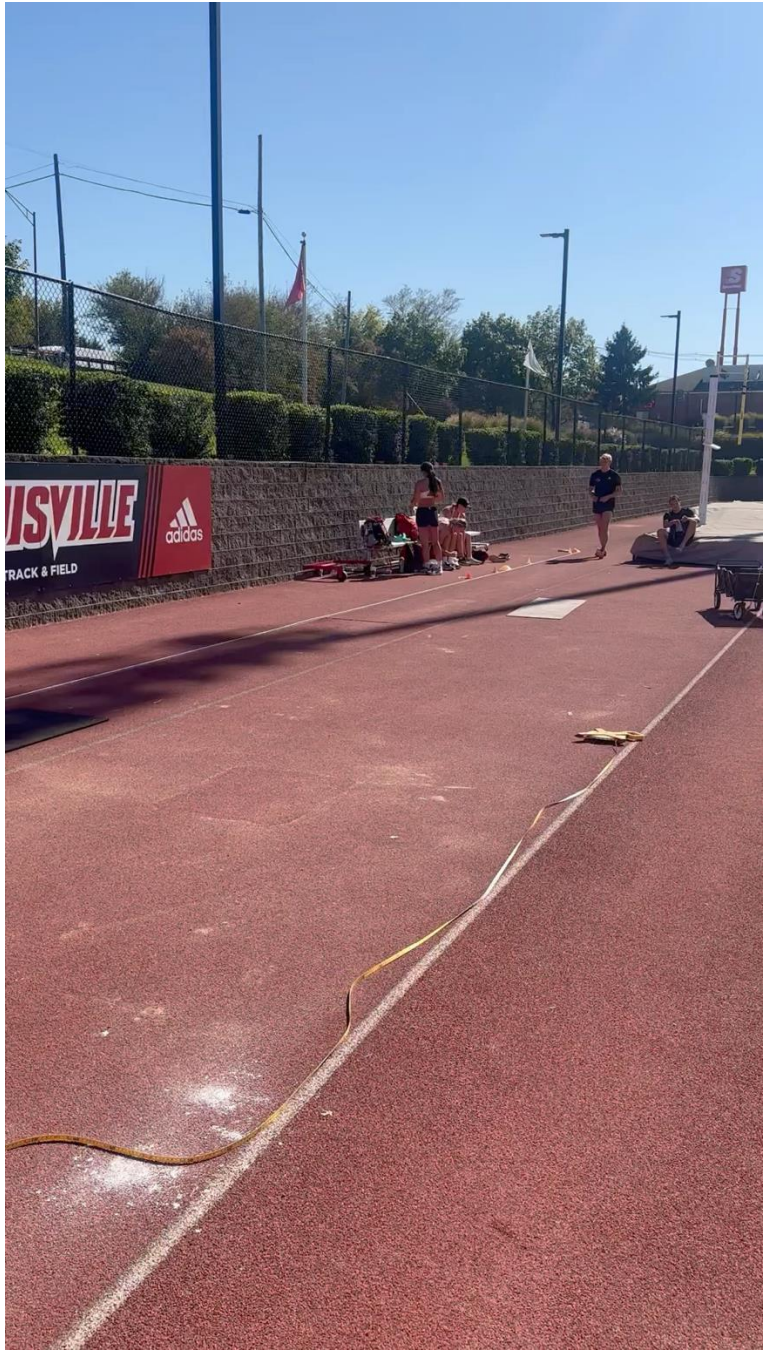
- **Mental**

- Make training harder than competition, expose them to pressure*

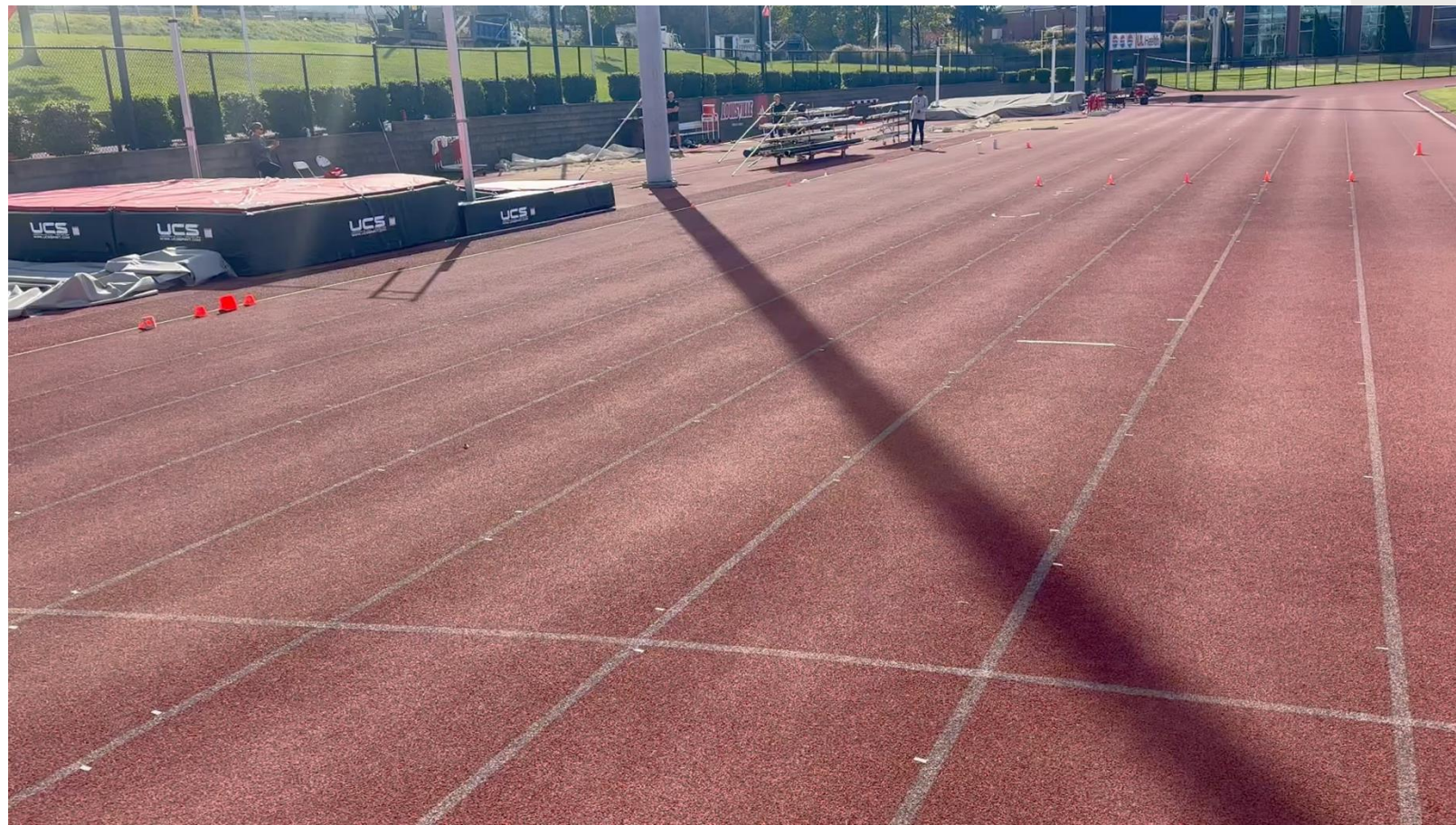
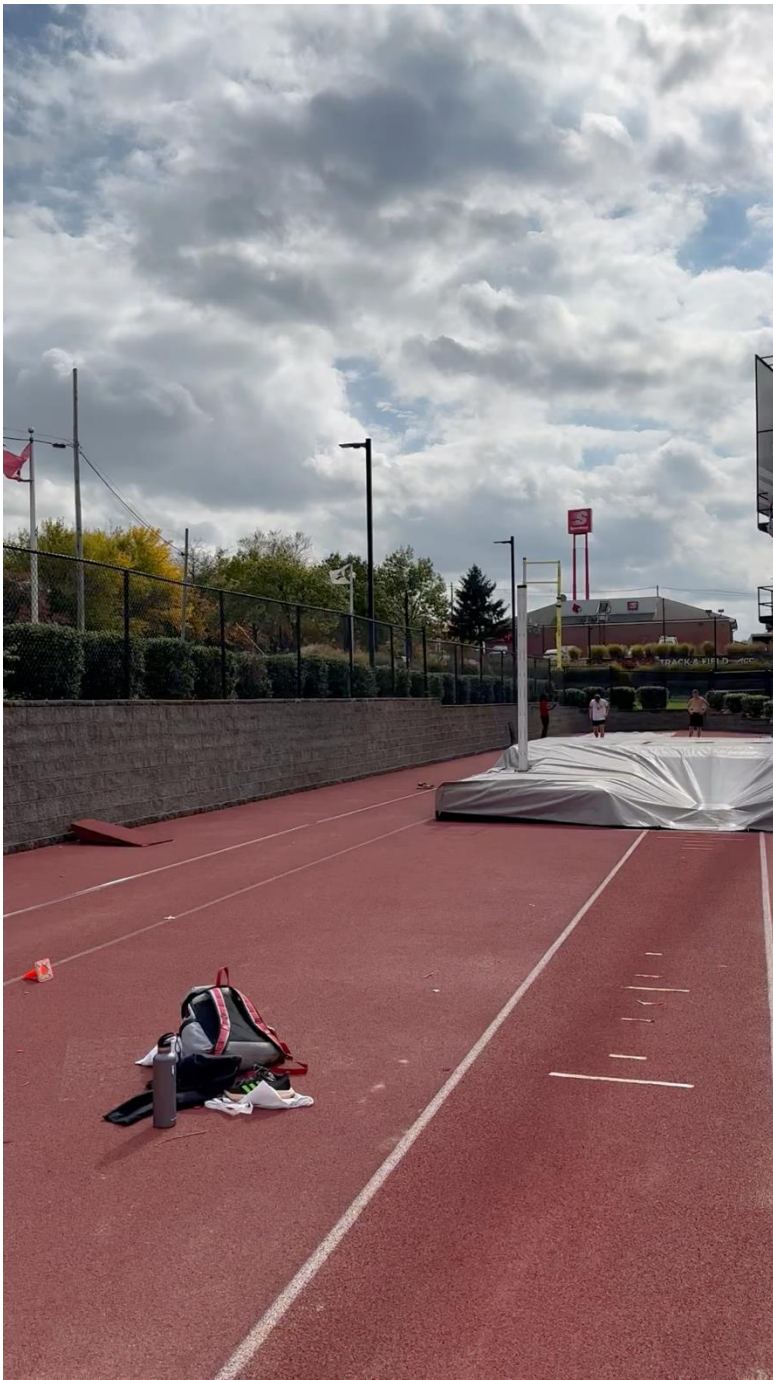
- Relaxation techniques*

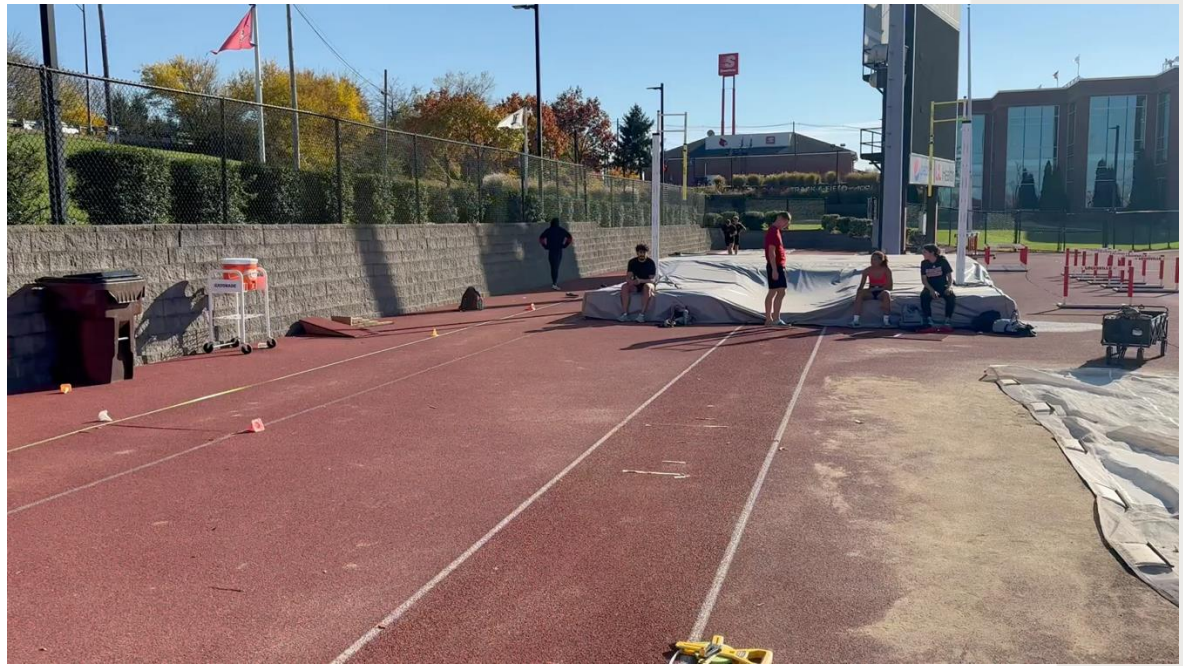
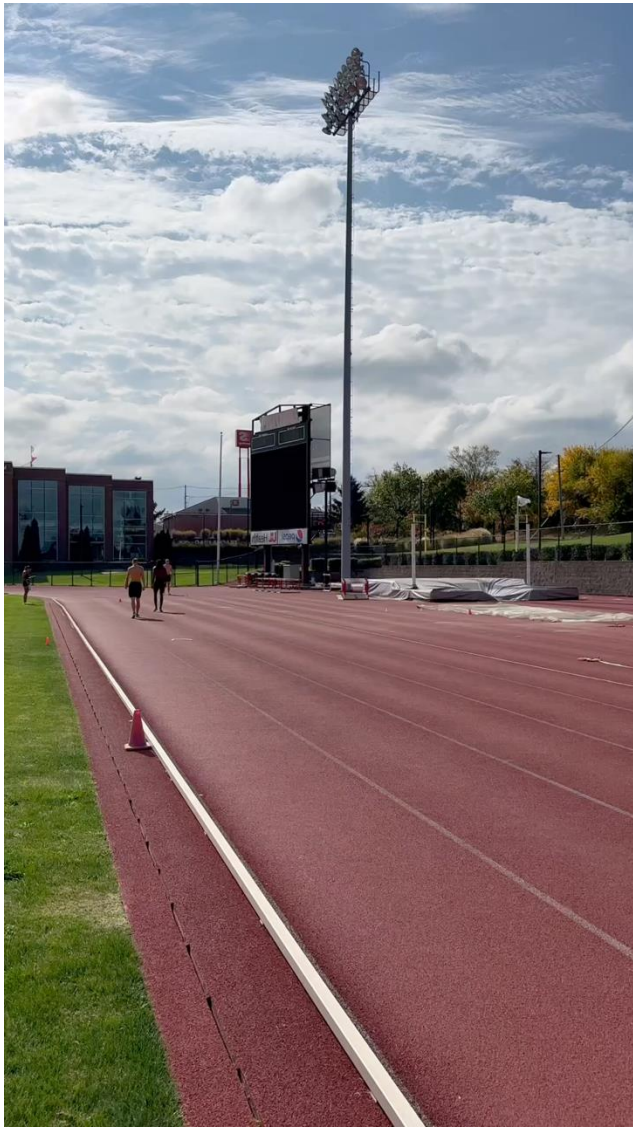
- Create challenges and talk about what happened on each repetition*

- Replication in variable circumstances*



RHYTHM & SPEED

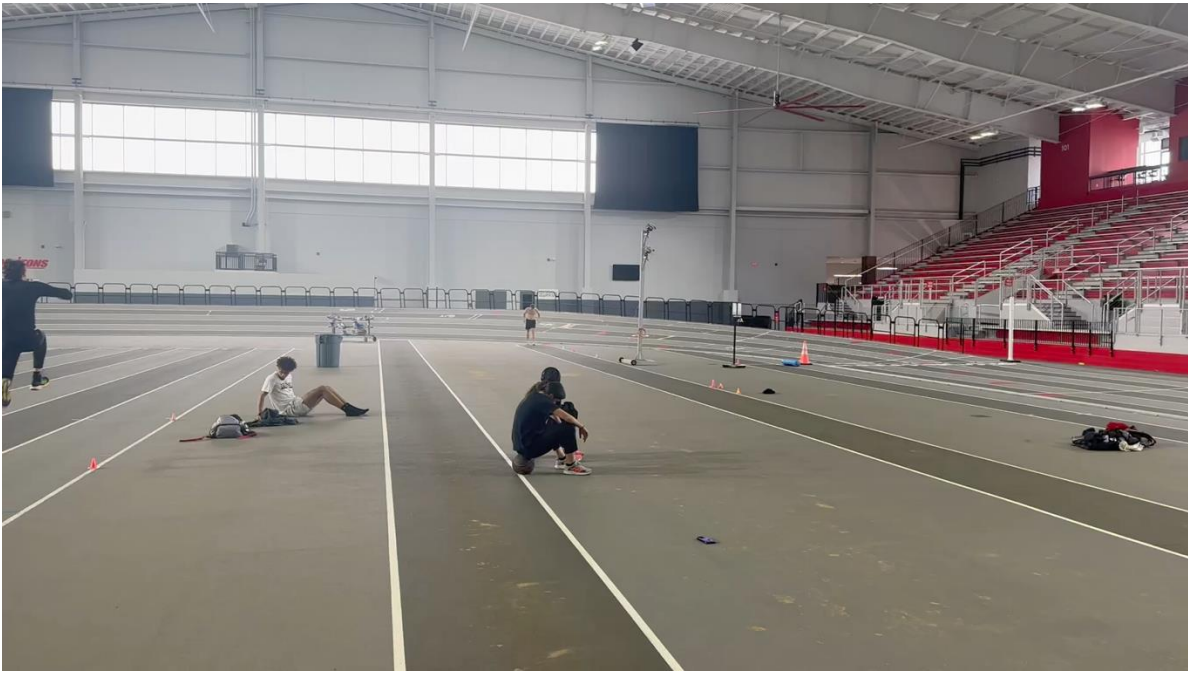




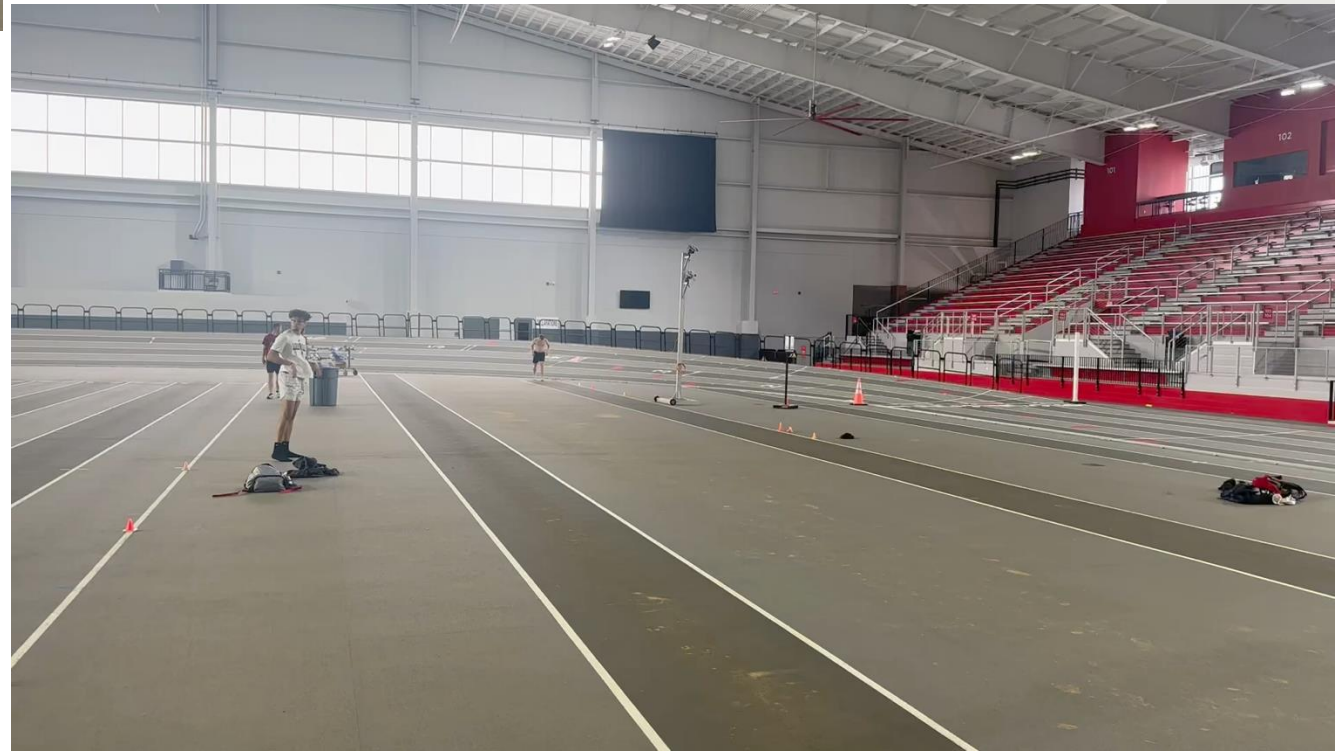
COMPLEXES

TRAINING IMPLICATIONS

- **Do Full Approach Work More Often**
Combined with Speed Development
Build capacity for replication, and replication under duress
- **Intentionality, Goals for Session/Competitions**
Competition Environment, Added Pressure, Held Accountable
- **Variety of Approach Work**
Variable Approaches, Volume, Speed, Takeoff, Environment, Complexes
- **Make Sure Short Approach is on the Board**
- **Learn to Steer Earlier**
Preserve final 4-steps
- **Checkmark Systems**
Basis of discussion
Solutions-Oriented Playbook
- **Timing Gates on Runway**
All about calibrating more speed to rhythm of runway and takeoff
- **Density Patterns Favoring More Approach Work When Upgrades Needed**



DEDICATED
SESSIONS
CONNECTING THE
TAKE OFF



CONCLUSION


- Work on Full Approach Often
Main Menu Item
- Challenge it in Myriad Ways
Pressure, Complexes, Variable, Etc
Practice environment
- Calibrate New Levels of Speed
And reactive strength
- Connect Takeoff
- Details Matter



**FIRST TEAM
ALL-ACC**

**JEREMIAH
WILLIS**

LONG JUMP
7.75M (25-5.25)
2ND PLACE




**JAKE
BURKEY**

**TICKET
PUNCHED**

LONG JUMP

LOUISVILLE



THANKS FOR COMING!

- Instagram: @bobthurnhoffer7
- X: @bobthurnhoffer
- Email: bob@gocards.com or bobthurnhoffer@gmail.com
- Further Resources

Coachtube.com: <https://coachtube.com/users/rthurnhoffer>

Linktree: <https://linktr.ee/bobthurnhoffer>