LES SSON PLAN FOR TRIPLE JUMP

Equipment
- Sand pit with adequate sand
- Run up that is flat, consistent and of a length of approx 30-40 metres
- Rake, broom and tape measure.

Aims
- Create a technical model to compare the athlete against
- Be able to complete a Triple Jump through each phase understanding the basic technique
- Complete a basic triple jump from 8-10 strides

<table>
<thead>
<tr>
<th>ACTIVITY</th>
<th>ORGANISATION</th>
<th>TIME</th>
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<tbody>
<tr>
<td>WARM UP</td>
<td>Jog 600-1000m. 3 standing hops each leg, 3 double leg jumps then Leap frog in teams followed by stretching</td>
<td>5 min</td>
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| STANDING TRIPLE JUMP | Place 3 cones down on the ground approximately 1 to 1.5 metres apart in front of the pit. Practice the correct sequence of the Triple Jump – Hop-Step-Jump. Get the athlete to stand on their strongest foot to begin the take off. Then follow the sequence:
  - Hop:- take off and land on the same foot
  - Step:- take off and land on the opposite foot
  - Jump:- take off and land in the pit with the feet together.
  Repeat three to four times. (Cue for those who do step-step-jump, think land on ‘same-other-together’) | 10 min |
| 3-4 STRIDE TRIPLE JUMP | Move the students approximately 5 metres from the take-off point and ensure that they are still close enough to the pit to make the jump easily and land in the pit. Then get the athlete to 3-4 strides and complete the triple jump motion, remembering what they had practiced from standing – hop-step-jump. Repeat three times to create three equal phases rather than big-small-big which tends to occur. | 10 min |
| 8-10 STRIDE TRIPLE JUMP | During the 3-4 stride Triple Jumps, identify those who are completing the exercise with ease and move them to one side of the run-up. The remainder keep on the same side. It is then possible to put some athletes jumping from one mark closer to the pit and one from a little further away.

To measure the ten stride run-up, get one student from each group to walk back 22 normal walking steps and that is where all students go from. They complete the jump aiming to be as smooth as possible and keeping each phase as even as possible. Emphasise grabbing the ground to practice the active landing. | 20 min |
| COOL DOWN | Jog & stretch down | 5 min |

Other lessons – run-ups, bounding/plyometric exercises, running technique.