



Overview: Long Jump

Special Olympics competitions offer two long jump events:

Standing Long Jump

- Standing long jump does not include a running takeoff.
- The take-off board is set on the runway at the edge of the landing area.
- The coach should train the athlete to exit the pit beyond their mark in the landing area



Standing long jump

Running Long Jump

Running long jump is a more advanced event than the standing long jump.

Long jump is an event that combines speed and spring. It can be a lot of fun.

There are three components involved when coaching long jump:

- Approach
- Takeoff
- In flight (step or hang style) (Note: In flight also includes landing)

The coach should train the athlete to exit the pit beyond their mark in the landing area.



Running long jump

STANDING LONG JUMP

COACHING POINTS – STANDING LONG JUMP READY POSITION

1. Stand behind board/line with feet shoulder-width apart, toes pointed out slightly.
2. Hold chin up and head straight.
3. Arms are relaxed at sides. Back is straight and body leaning slightly forward.



COACHING POINTS – STANDING LONG JUMP TAKEOFF

1. From ready position, bend knees and ankles into a squat position. Strongly swing arms backward.
2. Strongly swing arms up and out toward landing area. At the same time both legs drive and extend off ground.
3. Take off by swinging arms forward and low past knees, then up toward landing area.
4. Exhale and spring forward off both feet at a 45° angle. Use strong ankle and leg extension to create a powerful takeoff (thrust).
5. The toes leave the ground last.



COACHING POINTS – STANDING LONG JUMP IN-FLIGHT

1. In flight, extend body with slight arch to back; raise arms above head.
2. Bring legs under buttocks; then bring them forward by bending 90 degrees at hips.
3. Extend legs forward, leading with heels, and swing arms downward past legs.
4. Keep feet parallel and slightly apart.
5. Keep head forward to prevent falling backward; look ahead of landing.

COACHING POINTS – STANDING LONG JUMP LANDING THE JUMP

1. Extend heels forward for extra length.
2. Land in pit or on mat, heels first, with momentum carrying you forward.
3. Bend knees to absorb the impact of the landing.
4. Exit the pit beyond their mark in the landing area.



TOP TIPS FOR COACHING STANDING LONG JUMP (SKILL DEVELOPMENT)

1. Demonstrate ready-to-jump position to athlete.
2. Give a verbal commands (e.g. "Ready!") to the athlete to assume position.
3. Demonstrate two-leg takeoff. Emphasize taking off from both feet.
4. Pull legs up underneath trunk to go as far as possible.
5. Ask athlete to practice jumping on bouncy surfaces. (e.g. springboards/ small exercise trampoline).
6. Demonstrate proper flight technique.
7. Emphasize back-to-front motion to keep momentum going forward.
8. Ask athlete to practice jumping over a towel/two separated ropes on the ground to improve distance.
9. Emphasize moving legs and arms from back-to-front to keep athlete's momentum going forward.
10. Practice landing after jumping off a box or springboard.



11. Concentrate on falling forward after landing.
12. Play jumping games which promote standing long jump skills. Use jumping instead of running in relay games.
13. Jump over a series of spaced lines.

Running Long Jump

DETERMINING THE TAKEOFF LEG FOR THE RUNNING LONG JUMP

The athlete's stronger leg is usually their take-off leg.

- Ask the athlete to take three consecutive hops from a standing start using the right leg only.
- Measure the distance traveled.
- Repeat with the left leg.

The leg used to hop the furthest is usually their stronger leg.

For some athletes, there is no clear difference between legs. In this case, it is helpful to know that most right-handed people use their left leg as the take-off leg for jumps. However, if the athlete is more comfortable using the opposite leg, they should use it.

All coaching points in this section are based on a left-foot take off. If your athlete uses a right foot take off, you should switch the foot in the instruction.