

LONG JUMP

A male athlete executes a hitch-kick prior to landing in the sand pit during a long jumps attempt.



Runway 40m - 45m

Take-off point

Sand pit
10m

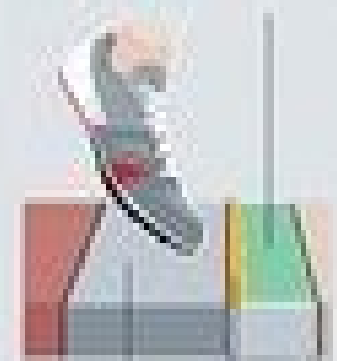
EVENT LOCATION

Long jump area

Arena

TAKE-OFF

Plasticine indicator
Jump invalid if marked



Take-off line

Take-off board
Wood or aluminium, 20cm wide

TECHNIQUE

Approach
At max speed,
20-23 strides

Landing
Feet as far from hips
as possible



Take-off
Penultimate stride hips dip then rise forward and up, converting horizontal velocity to vertical force

Long Jump Coaching Manual

Kathleen Armour



Long Jump Coaching Manual:

Uncover the mysteries within is enigmatic creation, Embark on a Mystery with **Long Jump Coaching Manual** . This downloadable ebook, shrouded in suspense, is available in a PDF format (PDF Size: *). Dive into a world of uncertainty and anticipation. Download now to unravel the secrets hidden within the pages.

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