

# Long Jump

Do everything the sprinters are doing and then do the following.

1 - Do the Skipping Drills, Rope Jumping.

Run each of these at least a dozen times. Begin slowly and then gradually increase speed and intensity.

**Skipping Drills-** The athlete skips in a line keeping knees high and arms bent at 90 degrees. The athlete then skips along and every third time their takeoff leg touches they pop-up as high as they can, driving with their non-takeoff knee.

**Jump rope** - Just like in the boxing movies.

**Continuous Takeoffs** - Run from 50-75% effort. Exaggerate the heel to butt running action for 3-5 steps, pop-up, continue running and repeat. It is sometimes useful and fun to have an overhead target, like a basket ball net or to use floor markings as a guide, like on a basket ball court.