

# TRIPLE JUMP

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MR. LINDA'S PHYSICAL EDUCATION CLASS

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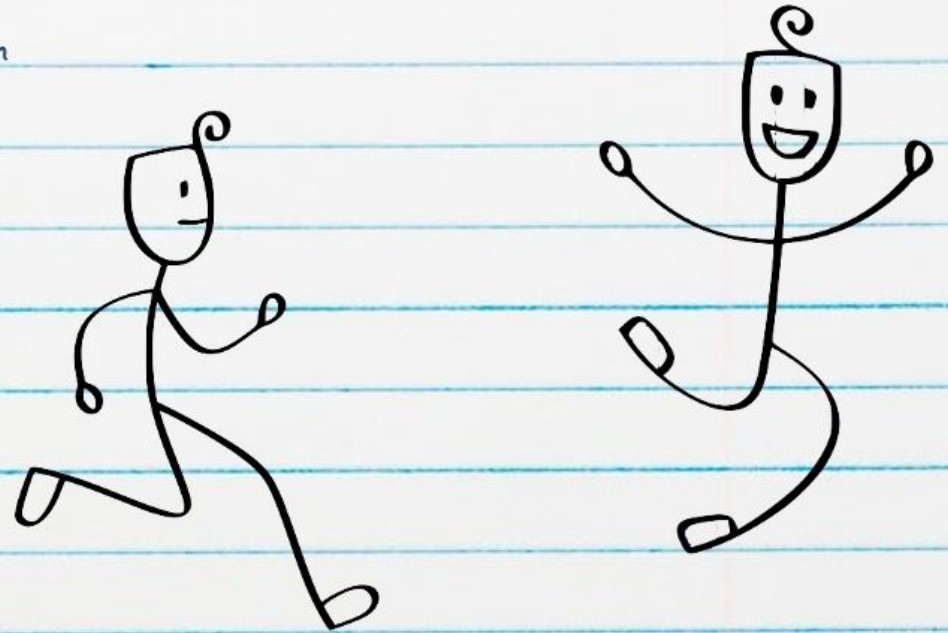


## DIFFERENCES FROM THE LONG JUMP

What differentiates the triple jump from the long jump is the technique. Jumpers take off in the "hop" phase and land on the takeoff leg.

They take one step onto the other foot (step phase), then jump. Otherwise, triple jump rules are identical to those of the long jump.

Jumps are measured from the nearest impression made in the landing pit by any part of the jumper.





## *Critical Elements of the Triple Jump*

- **The Approach:** 12-18 step sprint down the runway.
- **Hop:** The focus of the hop is to takeoff and land on the same foot (focus is on gaining distance, and making sure the body is in a position ready to complete the next phase)
- **Step:** The main point of the step phase is to land on the other foot, which is used to takeoff from the board.
- **Jump:** The final phase is the jump where the athlete should still attempt to gain distance, (maintain horizontal velocity and prepare the body for the landing)

# TRIPLE JUMP TECHNIQUE

