

Field Events Long Jump, High Jump and Shot Put

3 Keys, and 1 Common error

Santa Clarita Track Club

February 4, 2023

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Long Jump

3 Keys to the Long Jump:

1. Consistent approach to the board
 - A. 4-8 strides to the board. Controlled speed.
 - B. Limit what is done in the back. 2-3 step walk up?
2. Tall at the board (take-off)
 - A. Keep the axis long to slow rotation
3. Snap and close
 - A. Pull arms down and the feet will extend

Common Error: reach for the board



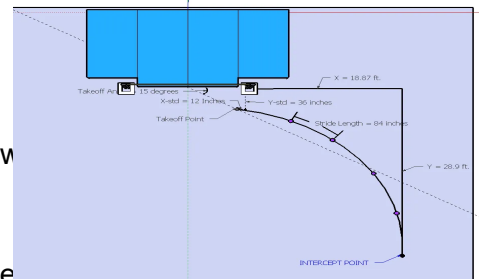
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High Jump

3 Keys to the High Jump

1. Smooth, consistent "J" approach
 - A. 5-10 steps to take-off point
 - B. Build a common approach (3-2-4 + 3-5 power strides). Start point.
2. Consistency to the take-off point
3. Through the "J lean to center. Outside shoulder leads the inside shoulder

Common Error: fail to lean to center or throw head back before take-off



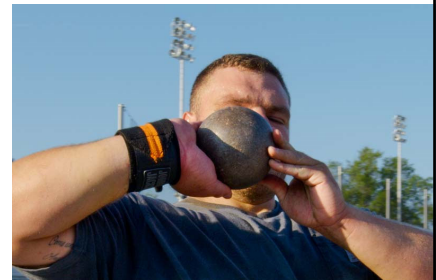
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Shot Put

3 Keys to the Shot Put

1. Proper Grip: Shot rests on the 3 middle fingers on the callous pad
 - A. Thumb down, elbow up
 - B. Shot is "flipped" off those fingers
2. Power Position
 - A. Foot placement: **Left foot offset from the back right foot®**
 - B. Rotate on the balls of the feet with the hips leading the shoulders
 - C. Big chest
 - D. Block arm long to short
3. Back leg under the Center of Mass

Common Error: Rushing the throw and the athlete is off balance and the back leg lags



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