

LONG JUMP



BASICS FOR LITTLE ATHLETICS

MAIN RULES

- U/6 to U/12 use the metre squared mat that is half yellow and half black
 - Put the yellow part near pit
 - Athletes cannot touch the yellow part otherwise this is a foul
 - Athletes must jump from the black part
 - Measurement is taken from the athlete's foot print on the black part of the mat
 - Measurement is made to the nearest mark made in the sand by any part of the athletes body
- U/13 to U/17 use the metre squared mat that has the 20cm wide white line painted across it
 - Put the mat either 1, 2 or 3m away from pit, depending on how far the athletes can jump
 - Athletes need to take off from the white line or before it
 - If athletes take off from the black area after the black line, then it is a foul
 - Measurement is taken from the edge of the white line closest to the pit
 - Measurement is made to the nearest mark made in the sand by any part of the athletes body
- Each athlete gets three jumps in little athletics competitions
- Athletes must take off with one foot only
- Athletes are not allowed to do any form of somersault into the pit
- The athlete must land on the pit (landing on the runway is a foul)
- U/12 and above athletes are allowed to wear spikes
- The athlete must not leave the pit closer to the take-off point than the marks made on landing.
- Measure with the zero end of the tape at in the sand and pull the other end through the take-off board



COACHING CUES

- No need for a long run up (11 to 15 strides for younger athletes)
- Run up should be fast and controlled
- Drive lead knee up into the air (extend drive leg fully before it leaves ground)
- Bring arms up high as knee comes up to encourage lift
- Jump high (as if jumping over a fence) as well as long (JUMP UP AND OUT)
- Keep body tall and head up (do not look down into the sand)
- Do not look down at the take-off board when doing the run up
- Keep chest and hips up high
- Try to land feet together and bend knees on landing (legs in front of body)
- It is okay to get dirty in long jump
- Try to not fall backwards on landing
- To work out take off leg – ask athlete to run and jump over something a few times (to see which leg they naturally jump off)



Figure 1 - High knee drive, chest and head stay up



IDEAS FOR LITTLE ATHLETIC COACHES TO HELP DEVELOP SKILLS

- Standing long jump for distance into the pit
- Jogging three or five strides then jump into the pit
- Put out something for kids to jump over
- Jumping games such as sticks



Figure 2 - Standing long jump starting position