Micro-Learning Club Coaching Drill Card #8

Week 8: 11 November 2026:

Junior Jumps Fundamentals:

To introduce the fundamentals of the athletic jump events, coaches and athletes should focus on the following key aspects. Note: Jumping based games can make training fun and add variety plus teach movement patterns at the same time.

- **Technique**: Each jump event has its own specific technique, such as the stride jump in long jump, and the Fosbury flop in the high jump.

- **Body Position**: The jumping position in the long jump off the board is basically upright and tall. The take-off position in the high jump, is a lean back and away from the take-off foot, which is a product of running the curved approach.

- **Movement patterns:** The long jump involves a sequence of running movements, essentially a power sprint to hit the board in the designated number of steps. Generally younger athletes will be from 14 steps and gradually the run-up can be increased as skill increases to 16 – 20 steps. The high jump is a controlled stride into the bar from an initially straight path for the first half of the run-up then a curved approach for the second half. To start with, run-ups of 8 steps are recommended then increasing to 10 steps after skill levels increase.

- **Gradual progression**: In the long jump, work on pop-up jumps from 6-10 steps then progress to actual jumps. Also work on run-ups without jumping to learn accuracy at the board. For high jump, start with scissors jumps from a short run-up and then progress to actual jumps.

- **Safety measures**: Safety protocols should be always observed to prevent accidents during training or competition. By focusing on the fundamentals, athletes can develop a solid foundation for their jumping events, leading to improved performances and a reduced risk of injury.

For more reading: Read our more detailed document on Junior Jump Fundamentals in our Coaching resource section.

Yours in Athletics

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