

MAXIMUM VELOCITY ATHLETICS

www.maximumvelocityathletics.com



EVENT SPECIFIC LONG JUMP DRILLS

Standing Penultimate	Penultimate Leg Bent at Knee Up, Land with Heel Lead, Roll on and Off Foot
Take Off Drill Basic	Step into Take Off Slightly in Front of COM, Driving Knee and Blocking Opposite Arm
Continuous Knee Drive Drill	Drive Free Leg Knee Up and Down
Take Off Drill Step	Take Off Drill Step Into Take Off
Take Off Drill 3 Step	3 Steps into Take Off
Standing Penultimate to Take Off	Standing Penultimate then Step to Take Off Leg, Drive Free Leg to Parallel Thigh
Walking Penultimate Drill to Take Off	Take 3 Steps into Penultimate and into Take Off
2 Hurdle Penultimate Drill	Between Two Hurdles Roll Onto and Over Penultimate Leg
Run, Run, Jumps	Continuous Jumps working on Penultimate Over and Over
Horizontal Run, Run Jumps	Work on Going Horizontal
Vertical Run, Run Jumps	Work on Going Vertical
Swedish Bounds	Skip, Skip Jump Driving Knee Up
Power Skips	Alternate Jumps Working on Knee Drives

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EVENT SPECIFIC LONG JUMP DRILLS (cont)

Mini Hurdle Take Off	4 Step Pop Over Mini Hurdle
Continuous Mini Hurdle Take Offs	3 Mini Hurdles 1,2 Over Hurdle (3m Apart)
33" Hurdle Take Offs	Work on Vertical Components of Jump
Box Step on Step Off Drill	Work on Upright Body Position
Box Step on Step Off 1,2 Drill	Step on Step Off Box and 1,2 Pop Off Ground
Stride on Box Step Off 1,2 Drill	Stride on to Box then 1,2 Pop Off Ground
Box Pop Offs	Stride into and Pop Off Ground
Short Run Knee Holds	Stride into Take Off and Pop Off Ground Holding Free Leg Knee at 90* Angle
Standing Long Jumps Progressions	1- Land on Feet, 2- Land on Feet Get Into Seated Position 3- Land on Feet, Seated Position, Kick Heals Out 4- Land with Feet Hitting First and Scooping into Landing
Short Run Jumps	Various Short Run Jumps 4,6,8,10,12 Strides
Rhythm Runs	Approach Work Using 70-80% of Speed
Rhythm Runs with a Pop Off	70-80% Runs with a Pop Off at End