

MAXIMUM VELOCITY ATHLETICS

www.maximumvelocityathletics.com



EVENT SPECIFIC TRIPLE JUMP DRILLS

Take Off Drill Basic	Step into Take Off Underneath COM, Driving Knee and Using Single or Double 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 Step Onto Box	Take Off Drill Step onto Box
Take Off Drill 3 Step	3 Steps into Take Off
Step On Box Free Leg Rotation	Allow Free Leg to Rotate Through
2 Hurdle Penultimate Drill	Between Two Hurdles Roll Onto and Over Take Off Leg
Horizontal Run, Run Jumps	Work on Going Horizontal
Speed Bounds	Fast Alternate Bounds
Easy Alternate Short Bounds	Work on Arms and Late Active Foot
Easy Single Leg Bounds	Work on Arms Late Active Foot, Low Rotation of Foot
Medium Alternate Bounds	Work on Arms Late Active Foot

MAXIMUM VELOCITY ATHLETICS

www.maximumvelocityathletics.com



EVENT SPECIFIC TRIPLE JUMP DRILLS (cont)

Mini Hurdle Take Off	4 Step Run Over Mini Hurdle
Continuous Mini Hurdle Take Offs	3 Mini Hurdles 1,2 Over Hurdle (5m Apart)
Mini Hurdle Taps	Tap Top of Hurdle with Free Leg Foot
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 Run Off Ground
Box Pop Offs	Stride into and Run Off Ground
Short Run Knee Holds	Stride into Take Off and Run 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 Run Off	70-80% Runs with a Run Off at End