THE HORIZONTAL JUMP APPROACH: MECHANICS AND ACCURACY
Horizontal Jump Approach Basics

- Approach Length
- Odds and Evens
- Choosing the Starting Foot
- Choosing the Jumping Foot
The Horizontal Jump Approach

Phases of the Approach
- The Start
  - Crouch Starts
  - Rollover Starts
- The Drive Phase
- The Continuation Phase
- The Transition Phase
The Horizontal Jump Approach

- Mechanics of the Start
  - Simplicity and Consistency
  - Stance
  - Hip and Shoulder Positions
  - Weight Distribution
  - Crouch – Rollover Differences
Approach Starts
The Horizontal Jump Approach

- Mechanics of the Drive Phase
  - Momentum Development
  - Distribution and Frequency
    - Frequency
    - Displacement
  - Progression of Body Angles
  - Achieving Good Posture
    - The Head
    - The Hips
The Wall Drill
Resisted Runs
The Horizontal Jump Approach

- Mechanics of the Continuation Phase
  - Vertical Pushing
  - Establishing a Vertical Motor Environment
  - Examining Shin Angles
The Horizontal Jump Approach

- Mechanics of the Continuation Phase
  - Amplitudes of Movement
  - Maintaining Posture
  - Distribution and Frequency
Stadium Runs
The Horizontal Jump Approach

- Mechanics of the Transition Phase
  - Conservation of Mechanics
  - Common Problems
    - Diminished Amplitude
    - Excessive Frequency Increase
    - Steering and Accuracy Issues
The Horizontal Jump Approach
The Horizontal Jump Approach

- Teaching the Approach
  - Developing the Start
  - Teaching Acceleration Mechanics
  - Teaching Continuation Mechanics
  - Assembling the Approach
  - Transferring the Approach
  - Adding the Takeoff
Visual Focus in the Approach

- Steering and Target Tracking
- Visual Focus in the Phases
  - The Drive Phase
  - The Continuation Phase
  - The Transition Phase
Approach Assembly
Approach Management

- Stride Length/Frequency Factors
- Checkmark Plans
  - Athlete’s Marks
  - Coaching Marks
Approach Management

- Managing the Drive Phase
- Momentum Needs
- Checkmark Plans
- Posture and Steering
- Managing Wind
Approach Management

- Stride Length/Frequency Factors
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