



Triple Jump Technique

1

Hop



Tick when done

Land on the same leg

Body is straight

Flat foot landing

2

Step



Tick when done

Land on the other leg

Body is straight

Knee swings up

3

Jump



Tick when done

2 foot landing

Feet are together

Don't fall backwards

Long Jump Coaching Manual

Liyong Dong



Long Jump Coaching Manual:

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