

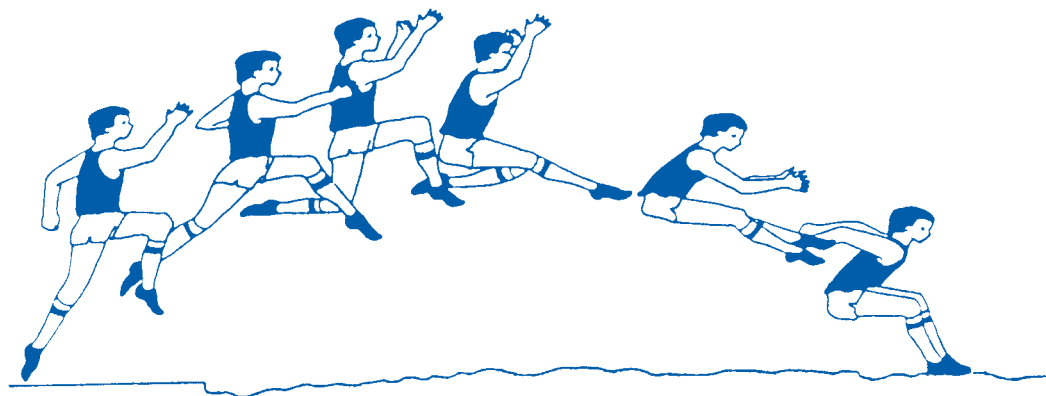
Resource material: Long Jump

C. Technique In Flight

There are two main techniques used in long jumping: *The Hang Technique* and *The Hitch-Kick Technique*. Both are patterns of movement in flight, designed to keep the jumper in the air for longer and to help get maximum distance.

An *elementary technique* for beginners would be as follows:

- Fully extend the jumping leg at take-off, flex the leading leg with the thigh raised to horizontal
- Keep upper body perpendicular, vision ahead and upward
- Have arms compliment the action of the legs
- In flight, the leading leg extends and the jumping leg trails so that the jumper is momentarily in a stride position
- For landing, the jumping leg is brought forward, and both legs extend, landing together
- The legs flex at the knees on contact with the sand.



Elementary long jump technique

D. Landing

Whatever technique the students use in jumping, always insist on the following for landing:

- Extend both legs in preparation for landing
- Flex the legs at the knees as soon as contact is made with the sand
- Ensure upper body moves forward and over the feet.

Various practices may be used to improve technique, some of the following may be of benefit.