

## Triple Jump



**The HOP, will set you up for the rest of the jump.** When you jump off the board, throw the jumping knee in the air, thigh parallel with the ground. Your opposite foot should be pulled up behind you. When you land, hit the ground with your foot even, not heel first. This will help keep momentum going forward and keep up your speed.

**The SKIP, is the most crucial phase.** Many new jumpers have a weak second phase, therefore lowering the overall length of their jump. The form of the second phase is much like the first. After coming off your first step, throw your jumping knee up and your opposite knee back. When you go to land, however, throw the opposite foot forward to progress into the next phase. Remember to land with your foot flat and spring right up into the next phase.

**The JUMP, is the final phase of the jump.** After your second phase, simply throw your feet in front of you, much like the long jump. Remember to lean forward, or you may fall backward and lose distance on the final measurement.