

# Long and Triple Jumpers: Technique

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**Monday February 19:** Rest

**Tuesday February 20<sup>th</sup>:**

\*\*\* Boys Soccer Playoff Game... Practice over by 4:45\*\*\*

NO TECHNIQUE TODAY DUE TO SOCCER GAME

**Wednesday: February 21st**

\*\*\* Get Jump/ Vault Pits out first\*\*\*

\*\*\* Game Day\*\*\*

- 1) Get your initial Marks on the track
- 2) 10 pop-ups onto pole vault Pad
- 3) 10 Triple Jump Rhythms

**Thursday: February 22<sup>nd</sup>**

- 1) NO technique Today

**Friday: February 23<sup>rd</sup> ( if no game at Home)**

- 1) 5 \* ACCURATE MARKS on the Track
- 2) 10 pop-ups onto pole vault Pad
- 3) 10 Triple Jump Rhythms