

Running Long Jump Skill Card



Begin with a a run up



- Take 10 or 12 steps away from the board to set your run up length - begin running with your weakest foot out first so your final step will be a jump off your strong foot.
- Swing arms up then forward to push you high and forwards into the air.
- To land, reach legs out as far away from the take-off board as possible
- Land feet first, bring your body forward into a crouching/squat position.
- Test with 3 run-ups with no jump
- Adjust as necessary.



How can your partner improve in order to reach the next performance level?
Give them some feedback.

What could they do to improve their technique even further?

What went well?
Tell them!