



# TECHNIQUE TRIAGE

Created by: **LEBANON < PROJECT**

## JUMPS



### BACKGROUND INFO

Name: \_\_\_\_\_

Age: \_\_\_\_\_ Grade: \_\_\_\_\_ M / F

Cell: \_\_\_\_\_

Email: \_\_\_\_\_

Street Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Current School: \_\_\_\_\_

### **Emergency Contact**

Name: \_\_\_\_\_

Number: \_\_\_\_\_ Relationship: \_\_\_\_\_

### BIOMECHANICAL MEASUREMENT

#### **Biomotor Test**

Date: \_\_\_\_/\_\_\_\_/\_\_\_\_ (total pts. \_\_\_\_\_)

30m Standing Start: \_\_\_\_s \_\_\_\_s (pts. \_\_\_\_\_)

Standing Long Jump: \_\_\_\_m \_\_\_\_m (pts. \_\_\_\_\_)

Underhand Forward: \_\_\_\_m \_\_\_\_m (pts. \_\_\_\_\_)

Standing Triple Jump: \_\_\_\_m \_\_\_\_m (pts. \_\_\_\_\_)

Overhead Back Toss: \_\_\_\_m \_\_\_\_m (pts. \_\_\_\_\_)

150m Max Effort: \_\_\_\_s (pts. \_\_\_\_\_)

600m Max Effort: \_\_\_\_s (pts. \_\_\_\_\_)

#### **Acceleration Analyses**

Eval: 30m Block / 30m Standing Start / Other: \_\_\_\_\_

First Stride (Rolling, Three-Point, Four Point No Block, Blocks):

notes: \_\_\_\_\_

Body Angle: Needs Improvement [ ] Good [ ] Excellent [ ]

R.O.M.: Needs Improvement [ ] Good [ ] Excellent [ ]

Shin Angle: Needs Improvement [ ] Good [ ] Excellent [ ]

Body to Shin Angle @ 90°: Stride# \_\_\_\_\_ Step# \_\_\_\_\_

Range of Motion: \_\_\_\_\_

Shin Angle: \_\_\_\_\_

Heel Recovery: \_\_\_\_\_

Horizontal Forces/Transition Out: \_\_\_\_\_

#### **Sprint Assessment**

Eval: 10m Fly / 30m Fly / Other: \_\_\_\_\_

R.O.M. Needs Improvement [ ] Good [ ] Excellent [ ]

Vertical Push: Needs Improvement [ ] Good [ ] Excellent [ ]

Dorsiflexion: \_\_\_\_\_ Contact Time: \_\_\_\_\_

Stride Frequency: \_\_\_\_\_ Stride Length: \_\_\_\_\_

### TRIAGE INFO

\_\_\_\_\_:Arrival Time \_\_\_\_/\_\_\_\_/\_\_\_\_:Date

\_\_\_\_\_:Experience

\_\_\_\_\_

\_\_\_\_\_Injury Background

\_\_\_\_\_

\_\_\_\_\_Reason for Report

\_\_\_\_\_Desired Outcome

\_\_\_\_\_

### PHYSIOLOGICAL EVALUATION

#### **Health Status**

\_\_\_\_\_Iron Deficiency

\_\_\_\_\_Nutrition

\_\_\_\_\_Hydration

\_\_\_\_\_Hours of Sleep Per Night

#### **Musculoskeletal Function**

\_\_\_\_\_Hip Test for Flexibility

\_\_\_\_\_Hamstring Flexibility

\_\_\_\_\_Quad Flexibility

\_\_\_\_\_Shoulder Flexibility

\_\_\_\_\_Quick Hop to Bound

\_\_\_\_\_A-Run Quick (slow to high V)

YES (see attached) / NO **Standing Squat Analysis**

#### **Speed/Power (Neuromuscular) Interpretation**

#### **Anaerobic Glycolytic Interpretation**

#### **Aerobic Interpretation**



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### TECHNICAL ASSESSMENT

### ANALYSIS/NOTATIONS

#### Technical Background:

Experience: \_\_\_\_\_

Primary Event: \_\_\_\_\_

Secondary Event: \_\_\_\_\_

Propensity: \_\_\_\_\_

Described Strengths: \_\_\_\_\_

Described Weaknesses: \_\_\_\_\_

#### Personal Bests:

Standing Long Jump: \_\_\_\_\_ Date: \_\_\_\_\_

4-Step (8stride): \_\_\_\_\_ Date: \_\_\_\_\_

6-Step: \_\_\_\_\_ Date: \_\_\_\_\_

8-Step: \_\_\_\_\_ Date: \_\_\_\_\_

10-Step: \_\_\_\_\_ Date: \_\_\_\_\_

Other: \_\_\_\_\_ Date: \_\_\_\_\_

#### Technical Interpretations:

**Approach:** Needs Improvement [ ] Good [ ] Excellent [ ]

**Penultimate:** Needs Improvement [ ] Good [ ] Excellent [ ]

**Take Off:** Needs Improvement [ ] Good [ ] Excellent [ ]

**Phases (TJ):** Needs Improvement [ ] Good [ ] Excellent [ ]

**Air:** Needs Improvement [ ] Good [ ] Excellent [ ]

**Landing:** Needs Improvement [ ] Good [ ] Excellent [ ]

#### :Technical Interpretations

*Strengths: Asset/Competent/Talent*

*Weakness: Deficient/Insufficient/Inadequate*

[ ] Horizontal Force [ ]

[ ] Push [ ]

[ ] Velocity Achieved [ ]

[ ] Lowering of Center of Mass [ ]

[ ] Push Through [ ]

[ ] Load to Hip [ ]

[ ] Plant Foot [ ]

[ ] Angle In [ ]

[ ] Angle Out [ ]

[ ] Propulsion Position [ ]

[ ] Ranges of Motion [ ]

[ ] Ground Contacts [ ]

[ ] Body Posture [ ]

[ ] Body Posture [ ]

[ ] Leg Position [ ]

[ ] Leg Position [ ]

[ ] Collapsing Through [ ]

[ ] Body in Front [ ]

SAMPLE



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### Solutions/Training/Treatment

Weight Training/Strength

Speed/Power Improvements

Specific Event Drills

General Drills/

Training Implications

SAMPLE



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### CHARTS/DRILLS/WORKOUTS

#### 100m CONVERSION CHART TO FLY 10m & 30m W/ LONG JUMP EQUIVALENTS

100m	30mFly	10mFly	M/PS	U(M)	100m	30mFly	10mFly	M/PS	U(M)
14.00	4.02	1.34	7.45	5.27	11.70	3.22	1.07	9.32	6.85
13.80	3.95	1.32	7.59	5.39	11.60	3.18	1.06	9.48	6.93
13.60	3.87	1.29	7.75	5.51	11.50	3.15	1.05	9.52	7
13.40	3.8	1.27	7.89	5.63	11.40	3.12	1.04	9.62	7.08
13.20	3.73	1.24	8.04	5.75	11.30	3.09	1.03	9.71	7.17
13.10	3.69	1.23	8.13	5.82	11.20	3.06	1.02	9.80	7.24
13.00	3.65	1.22	8.22	5.89	11.10	3.03	1.01	9.90	7.32
12.90	3.6	1.20	8.33	5.96	11.00	3	1.00	10.00	7.4
12.80	3.58	1.19	8.38	6.03	10.90	2.97	0.99	10.10	7.48
12.70	3.55	1.18	8.45	6.1	10.80	2.95	0.98	10.17	7.56
12.60	3.52	1.17	8.52	6.17	10.70	2.91	0.97	10.31	7.63
12.50	3.48	1.16	8.62	6.25	10.60	2.88	0.96	10.42	7.73
12.40	3.45	1.15	8.70	6.33	10.50	2.85	0.95	10.53	7.82
12.30	3.41	1.14	8.80	6.4	10.40	2.82	0.94	10.64	7.91
12.20	3.38	1.13	8.88	6.47	10.30	2.79	0.93	10.75	7.99
12.10	3.34	1.11	8.98	6.55	10.20	2.76	0.92	10.87	8.1
12.00	3.31	1.10	9.06	6.61	10.10	2.73	0.91	10.99	8.19
11.90	3.28	1.09	9.20	6.69	10.00	2.7	0.90	11.11	8.29
11.80	3.23	1.08	9.29	6.77	09.90	2.67	0.89	11.22	8.39



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#### SPRINT ASSOCIATION AND CONVERSION CHART

100m	10mFly	30mBlock	30mFly	200m	400m
14.10	1.35	5.60	4.04	28.28	62.79
13.90	1.32	5.50	3.97	27.88	61.90
13.70	1.30	5.40	3.90	27.48	61.01
13.50	1.28	5.31	3.83	27.08	60.12
13.30	1.25	5.21	3.76	26.68	59.23
13.10	1.23	5.11	3.69	26.28	58.34
12.90	1.20	5.01	3.60	25.88	57.45
12.70	1.18	4.91	3.55	25.48	56.56
12.50	1.16	4.81	3.48	25.08	55.67
12.30	1.14	4.71	3.41	24.67	54.78
12.10	1.11	4.61	3.34	24.27	53.89
11.90	1.09	4.51	3.26	23.87	52.99
11.70	1.07	4.41	3.22	23.47	52.10
11.50	1.05	4.31	3.15	23.07	51.21
11.30	1.03	4.21	3.09	22.67	50.32
11.10	1.01	4.10	3.03	22.27	49.43
10.90	0.99	4.00	2.97	21.87	48.54
10.70	0.97	3.90	2.91	21.46	47.65
10.50	0.95	3.79	2.85	21.06	46.76
10.30	0.93	3.69	2.79	20.66	45.87
10.10	0.91	3.59	2.73	20.26	44.98
				x2.006	x2.22



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#### HORIZONTAL JUMPS TECH AND DRILLS

SPEED - STRENGTH - ELASTICITY - COORDINATION - FLEXIBILITY

##### Progression

- o Skips For Height
- o Skips For Distance
- o Continuous Take-Offs
- o Run-Run-Jump & Take-Offs
- o Short Run Approaches

##### Cues

- o **Posture**
  - Neutral Head
  - Pelvis Absent of Lean (fwd or bkwd)
- o **Take-Off Contacts**
  - Preparation for Take-Offs
  - LJ - Cut To Penultimate
  - TJ - Lower at Board
  - Dorsiflexion w/ Rolling Contacts
  - LJ Ahead of COM
  - TJ Under COM
- o **Swinging Segments**
  - Large, Powerful Swings
  - Sync Arms and Legs
  - Anticipate
  - Blocking
  - Hinge Movements

##### Triple Jump Drills

- o Bounce & Triple Bounce
- o ¼ Hops & Hops
- o ¼ Bounds & Bounds
- o RRL-RRL & LLR-LLR
- o First Phase Runs (5step)

##### Long Jump

- o High Velocity
- o Convert Horizontal Momentum to Vertical Without Losing Energy
- o Create Lift Through Penultimate and Lower Before
- o Strength 6-8 x Body Weight

##### Triple Jump

- o High Velocity w/ No Setup
- o Lowering at Board to Take-off
- o Little to No Lift
- o 7-10 x Body Weight

##### Horizontal Jumps

- o Be a Great Sprinter
- o Posture
- o Swinging Segments
- o Ground Contacts
- o Conserve Horizontal Velocity

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#### ANAEROBIC ALACTIC WORKOUTS TERMS/PACES/AND PROGRESSIONS

(95-100% Max Velocity/ Absolute Speed)

##### • Functional Strength-Explosive Movements

- o Bounds
- o Hill Bounds w/ or w/o Weight
- o Ballistics
- o Plyometrics
- o Olympic Lifts

##### • Acceleration

- o Sled Pulls (i.e., 4x20 & 4x50)
  - o 10-15% of body weight
- o Hill Starts (10-20m @ 5° Incline)
- o Weight Vest Hill Sprints
- o Resistance Pulls/ Partner Pulls

##### • Maximum Velocity (Absolute Speed)

- o Flys (20-80m @ 90-100%)
  - o Progress: Total Volume Early = 300-400m . Late = 500-800m
- o Sled Pulls (Light or No Weight)
- o Wickets
  - o Progressed: 16 total. Men Begin 5'-5" End @ 5"9"-6"6"
  - o Women Begin 4"6"-5"3" End @ 5"3"-6"

##### • Over Speed Training

- o Downhill Sprinting
  - o 15° 40-60m Build-30m Maintain
- o Wind Assisted Sprints
- o Elastic Pulls

##### • Maximum Velocity Mechanics

- o Sprint Drills (See IBICF)

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WIP