



Triple Jump Technique

1

Hop



Tick when done

Land on the same leg

Body is straight

Flat foot landing

2

Step



Tick when done

Land on the other leg

Body is straight

Knee swings up

3

Jump



Tick when done

2 foot landing

Feet are together

Don't fall backwards

Long Jump Coaching Manual

K Morrison



Long Jump Coaching Manual:

Enjoying the Melody of Phrase: An Emotional Symphony within **Long Jump Coaching Manual**

In a world taken by displays and the ceaseless chatter of immediate connection, the melodic beauty and mental symphony created by the prepared word frequently disappear in to the backdrop, eclipsed by the persistent noise and disruptions that permeate our lives. Nevertheless, situated within the pages of **Long Jump Coaching Manual** a marvelous literary prize brimming with organic emotions, lies an immersive symphony waiting to be embraced. Constructed by an elegant musician of language, this interesting masterpiece conducts visitors on an emotional trip, skillfully unraveling the hidden songs and profound impact resonating within each carefully crafted phrase. Within the depths with this emotional examination, we shall explore the book is key harmonies, analyze their enthralling writing type, and submit ourselves to the profound resonance that echoes in the depths of readers souls.

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