



Complete Book of Jumps

Ed Jacoby, Bob Fraley

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Field event coaches Ed Jacoby and Bob Fraley have worked with many world-class and Olympic jumpers. In *Complete Book of Jumps*, they draw on their combined 60 years of coaching experience to help track and field athletes at all levels of competition improve their jumping technique, training, and performance.

The book features clear instruction combined with detailed illustrations for these 4 jumping events: long jump, triple jump, high jump, and pole vault.

In Part I, the authors explore mechanical factors common to all jumps, components of the approach run, and strength and power training for jumpers. They share ideas for the development of technique, including

- how to avoid flaws that slow the approach,
- tips for achieving maximum height at takeoff,
- how to use the number of strides to determine runway approach distances, and
- 10 plyometric drills to add strength and power specifically for jumping.

Part II features event-specific technique and training information. Devoting a chapter to each event, the book analyzes the various phases of each jump from approach to takeoff to landing. Eleven multiple-frame illustrations from the performances of record-setting jumpers help to demonstrate proper technique.

Complete Book of Jumps also includes 16 event-specific workouts, 4 for each event. Each workout focuses on a different phase of training—general preparation, specific preparation, power development, and competition. By breaking down each event into its key parts, these training programs help athletes fine-tune their skills and achieve peak performance.

An essential resource for coaches and an effective training tool for athletes, *Complete Book of Jumps* is filled with proven, practical information jumpers need to go higher and farther than the competition.

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