

# Skill

## Standing Triple Jump

A horizontal combination of jumps involving a hop, step and jump from a standing position.

### Technique

- 1 Start with one foot on the ground.
- 2 Hop on to the same foot.
- 3 Step on to the other foot.
- 4 Leap, so that both feet leave the ground, swinging your arms forwards and upwards (this is the jump phase).
- 5 Land on both feet at the same time.

### Skills Practice - Jump the River

Spend a few minutes practising the technique for the standing triple jump. Don't worry about the distance too much at this stage – just focus on getting the technique right!

It might help you to say out loud, 'Same (foot), other (foot), together (both feet),' as you hop, step and jump for the different parts of the jump.

Drive the knees high and fast during the hop and step phase of the jump.

Remember to bend your ankles, knees and hips to absorb the impact as you land.

