

Hello,

When you get a chance please check out the following website. <https://www.longandtriple.com/> Go through this entire site. There is lots of good info. Please understand that you won't be able to do some of this, but it's good review of things to come.

<https://www.longandtriple.com/the-takeoff> -complimentary drills portion. Specifically at around the 2:09 minute. This talks about skips for height. This is something you can do on your technique days. When you are doing these skips imagine I'm holding the rake handle at approximately 3 ft off the ground.

<https://www.longandtriple.com/the-landing> this is about your landing and is an easy drill. Just make sure when you are doing it you sit towards the end of a chair and that you are landing on something soft in case you slip off the chair. A blanket, some type of pad or towel will work.

<https://www.longandtriple.com/the-hop> Hop phase-Triple jumpers, this is an important drill that can be done with any object that is only about a six inches off the ground. I'd recommend doing this on either the grass or inside on carpeting. Like he says during this, start with several walk overs before you speed it up. This is easy to do and not strenuous.

<https://www.longandtriple.com/the-step> Step phase-Triple jumpers. This also isn't strenuous, but several reps done correctly will assist you. No hard surface.

<https://www.longandtriple.com/the-jump> Jump phase-Triple jumpers. Again, no hard surfaces.

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