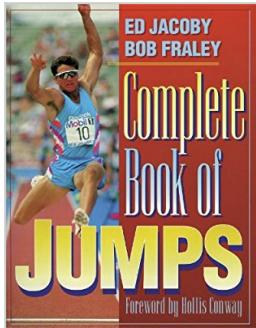


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Complete Book of Jumps

By Ed Jacoby, Bob Fraley

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Complete Book of Jumps By Ed Jacoby, Bob Fraley

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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""Great book. A very sound coaching aid that has the very same principles that Coach Jacoby and Coach Fraley have taught to me. If I were to start over, as athlete or coach, I would use this book as a reference for everything from workouts to technical work.""

Tim Bright

Olympian, Decathlon/Pole Vault

""I love this 'cookbook' approach. If something isn't working right, simply find the pages in the book to help correct the problem. On the other hand, if things are going well, Complete Book of Jumps is the place to go to locate the next logical step in the learning curve.""

Dixon Farmer

Chairman, USA Track & Field Men's Development, Head Track/Field Coach, Gustavus Adolphus College

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