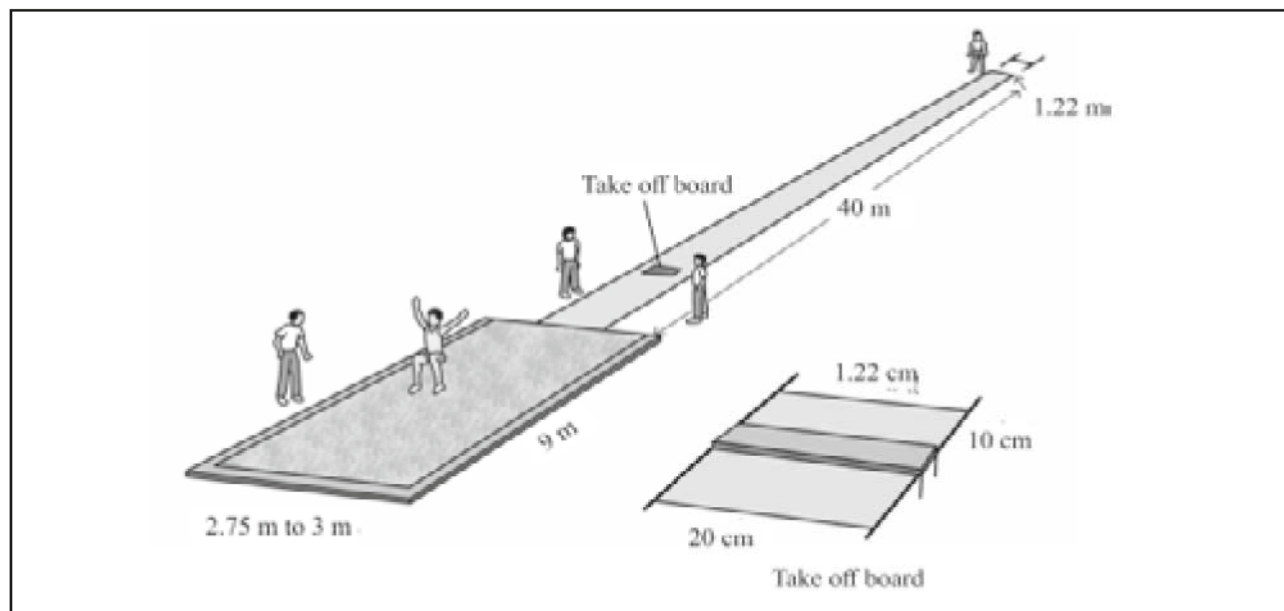


8

Hop - Step - Jump (Triple Jump)

In ancient Greece country the method of "Hop-Step-Jump" was of different types. In 19th century many strange methods were adopted. The competition seems to have started in Ireland. The Irish player F.A.M. Weber was the first one who had demonstrated the method of jumping "Hop-Step-Jump".



Play Ground :

The distance of take-off board from the front edge of the jumping pit :

For Men : 13 metres

For Women : 11 Metres

Taking into consideration the level of the competitors this distance can be changed.

Skills of Hop-Step-Jump :

(1) Approach run (2) Hop (3) Step (4) Jump (5) Landing

Now we shall study these skills in detail as follows :

(1) Approach run : Like long jump, in hop-step-jump also, an approach run is used to get maximum speed and cover more distance with better take-off. The method of approach run is like long jump. The approach run is shorter than that of long jump.

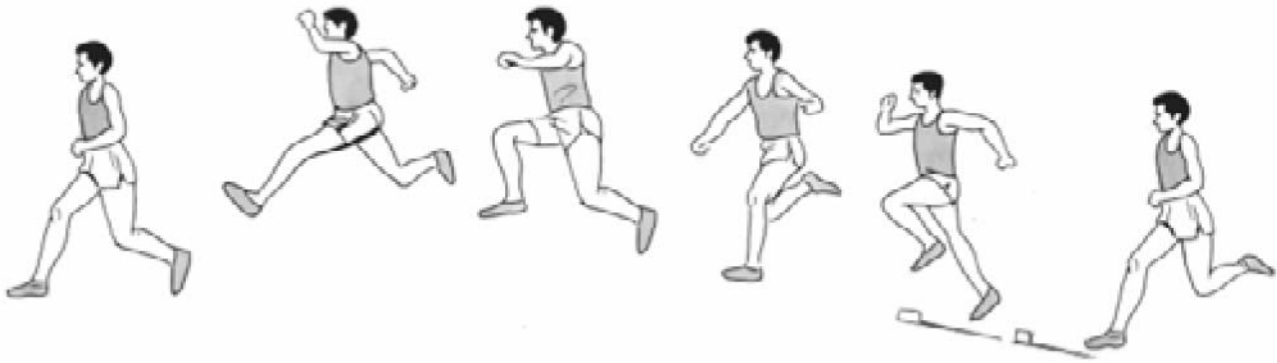
(2) Hop : To get better performance in this skill, the following three actions are needed to perform with specific attention.

(a) Take-off : Making the use of Newton's third law of motion and the principle of projectile, a take-off is to be taken from a take-off board with a strong leg and the body is lifted upward and forward at an angle of 25° . In this action, the body is leaned little forward keeping the trunk of the body little on the back side of the take-off board. While keeping the centre of gravity on the lower side, the speed does not decrease, but it gives advantage in the step and jump.

(b) Floating in the air : In floating a jumper keeps his body straight in the air. While take-off, the free leg which was in front is to be straightened and the swing is to be given on the back side. This time the take-off leg is bent from the knee and taken forward. In this whole action the movements of the hands and the head, help in keeping the balance of the body.

(c) Landing : While landing, the strong leg which was bent, is brought forward. Thus, the body travels forward and comes toward the ground for landing. This time the free leg remains on the back side and the weight of the body remains little on the back side from the point of landing. This action gives motion to the leg for the action of step. This time, both the hands are swung upward to take the body upward.

(3) Step : To do the action of the step properly, one should concentrate on the actions of take-off, floating



in the air and landing.

(a) Take-off : In the action of take-off in step skill also, the same strong leg shall be in use. The action of step is done with the free leg. The angle of lifting the body in this action is more than that of the hop i.e. 35° . The movement of the hands shall help in keeping the balance.

(b) Floating in the air : After taking the take-off for the action of step the take-off leg is bent from the knee and the body is lifted upward and then downward for the action of landing. The hands shall be kept little in the bending position to keep the balance of the body.

(c) Landing : The landing in the step skill is done on the free leg. The centre of gravity lies on the take-off point. While landing the heel of the leg touches first to the ground and then the ball of the leg and the toes shall touch the ground last. The point of landing in step, should be the point of take-off for jump skill. Here the free leg and the hand shall help in keeping the balance of the body.

(4) Jump : To do this action in a better manner the following three actions should be done properly.



(a) Take-off : The take-off action in the jumping skill shall be done on the leg which is free in the action and take-off in the skill of hop. Keeping the motion of the body in control a jumper shall try to lift the body upward and forward at an angle of 45° .

(b) Floating in the air : The action of floating in the air shall be like that of long jump.

(c) Landing : Landing shall have to be done like the long jump. A jumper shall keep his legs a little apart and with the swing of the hands shall try to push the body forward to cover more distance of the jump.

To have better jump and to cover more distance in the jump, the ratio of the distance covered in hop, step and jump should be either 3 : 2 : 3 or 10 : 7 : 10.

Rules :

- (1) The distance between the front edge of the take-off board and the far end edge of the jumping pit should be 21 metres, minimum.
 - (2) For the international competitions it is recommended that the distance between the nearer edge of the jumping pit and the front edge the take-off board for men should not be less than 13 metres and for women it should not be less than 11 metres. In other. competitions it can be kept according to the level of the competitors.
 - (3) According to the rule a competitor shall have to perform the actions of hop, step and jump in sequence.
 - (4) In the actions of hop, step and jump, if the free leg touches the ground, it shall be a foul turn.
- Over and above the rules, narrated above, other rules of long jump shall be applied for the competition of hop, step and jump.



Exercise

1. Answer the following questions :

- (1) Show the skills of hop-step-jump and explain the hop skill in detail.
- (2) Draw the ground of hop-step-jump and give the names and the measurements of the respective parts.
- (3) Write the rules of hop-step-jump.

2. Write short notes :

- (1) Skill of step (2) Take-off skill.

3. Answer the following questions in one or two sentences :

- (1) Give the name of the last skill of hop-step-jump.
- (2) On which leg does a hop-step-jump competitor land ?
- (3) How many jumps are there in the hop-step-jump ?
- (4) Show the distance between the take-off board and the far end edge of the jumping pit ?
- (5) To gain an advantage, at what angles in serial order the hop-step-jump actions should be done ?

4. Select proper options for the answers of the following questions :

- (1) For men competitors, what should be the distance between the take-off board and the nearer edge of the pit ?
 (A) 11 mts. (B) 15 mts. (C) 13 mts. (D) 9 mts.
- (2) What is the first skill in hop-step-jump ?
 (A) Take-off (B) Landing (C) Floating in the air (D) Hop

