The purpose of the study was to find out the appropriate distance needed for the best performance in long jump for 14 years beginner boys and girls. To conduct the study, a total of 30 subjects (15 boys and 15 girls) were selected from two schools in Nadia district. The age range of the subjects was 14 years. To conduct the study, five distance approach runs which were 15 m, 20 m, 25 m, 30 m and 35 m were taken for jump. For the statistical procedure, Descriptive Statistics (Mean and SD) were conducted and the following conclusions were drawn: (i) the 20 - 25 m distance is appropriate as approach run for the best performance in the long jump for 14 yrs beginner boys and girls; (ii) the distance covered by 14 yrs Boys and Girls is more or less equal from the distance of 20 m onwards.
chances was considered as the final score of the particular distance.

**Result and discussion**
Mean and SD of jumping performance of both the groups of subjects from three different approach runs have been presented in Table-1.

Table 1

<table>
<thead>
<tr>
<th></th>
<th>15 m</th>
<th>20m</th>
<th>25m</th>
<th>30m</th>
<th>35m</th>
</tr>
</thead>
<tbody>
<tr>
<td>Boys Mean ± SD</td>
<td>3.80 ± 0.58</td>
<td>3.71 ± 0.51</td>
<td>3.8 ± 0.60</td>
<td>3.77 ± 0.61</td>
<td>3.71 ± 0.63</td>
</tr>
<tr>
<td>Girls Mean ± SD</td>
<td>2.66 ± 0.38</td>
<td>2.7 ± 0.36</td>
<td>2.65 ± 0.33</td>
<td>2.68 ± 0.40</td>
<td>2.71 ± 0.38</td>
</tr>
</tbody>
</table>

Table no 1, represents the Mean and SD of running broad jump for 14 years boys from different five approach runs distances which were 15m, 20m, 25m, 30m and 35m. Mean and SD of distance covered by the subjects from 15 m distance were 3.80 ± 0.58 & 2.66 ± 0.38 respectively. The Mean and SD of the distance covered by the subjects from the approach run of 20m were 3.71 ± 0.51 & 2.70 ± 0.36. From the 25 m distance of approach run, the Mean & SD of the distance covered by the Boys and Girls were 3.80 ± 0.60 & 2.65 ± 0.33 respectively. The Mean value and SD of distance covered by the Boys and Girls from 30m distance of approach run were 3.77 ± 0.61 & 2.68 ± 0.40 respectively. The Mean value and SD of distance covered by the subjects from 35 m distance of approach run were 3.71 ± 0.63 & 2.71 ± 0.38 respectively.

![Graphical Presentation of Mean and SD of Long Jump by the 14 Years Boys and Girls from Different Approach Run](image)

Figure 1: Graphical Presentation of Mean and SD of Long Jump by the 14 Years Boys and Girls from Different Approach Run
The Mean of distance covered from five different approach runs has been observed for 14 years Boys and Girls which shows it was more or less equal from and above the 20 m approach run. So, it was observed that the 20-25 m approach run is sufficient for practice in the long jump to achieve the highest distance.

Discussion
The aim of the study is to determine the appropriate approach run needed to cover more distance in the long jump for 14 year beginner boys and girls. The Mean distance of five different approach runs has been observed for 14 years Boys and Girls, which shows the distance covered was more or less equal from and above the 20 m approach run. So, it can be concluded that the 20-25 m approach run is sufficient for beginners for practising the long jump. In the present study the researcher observed that 20-25 m Approach run is enough for practicing long jump which is supported by the finding of Nezar et al., where it has been found that the best approach run distance was 22-24 m. And also observed in this study that the short distance approach run is good for performance enhancement in long jump and Beres et al., (2014) has been found that the short approach run model of performance is a valuable paradigm for investigation into long jump behavior and performance potential of individuals.

Conclusion
On the basis of the result and discussion, the following conclusion was drawn that the distance covered by 14 years boys and girls is more or less equal from the distance of 20 m approach run and onwards. The 20 - 25 m distance is appropriate for the best performance in the long jump for 14 yrs beginner boys and girls.

References