

1

---

---

---

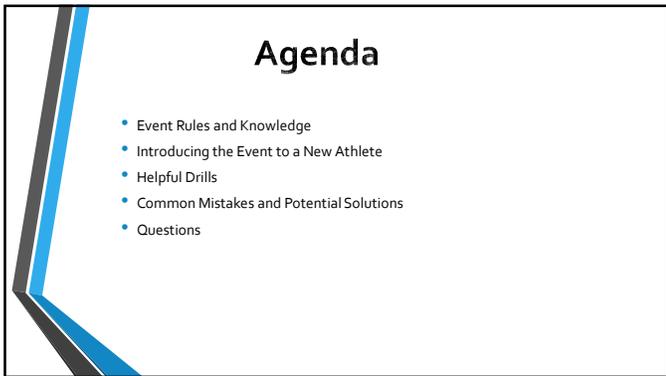
---

---

---

---

---



2

---

---

---

---

---

---

---

---



3

---

---

---

---

---

---

---

---

### Event Rules

- Each Jumper is allowed 3 attempts at each height
- 1 minute to execute the jump from the time the jumper's name is called
- Jumper must take off with only 1 foot
- Jumper can either flop or scissor jump the bar, but it must be 1 foot takeoff
- What equals a miss:
  - Doing an approach and crossing the plane of the bar with an arm or hand and not jumping
  - Touching the mat on an approach and not jumping
  - The bar falling before an official or bar helper touches it
  - Going over the allowed 1 min time limit for the jump (typically applies for bigger meets)

4

---

---

---

---

---

---

---

---

### Event Knowledge

- What Height to Open At
  - 2-3 bars under PR height  
(example: a jumper with a 6'4" PR should come in around 5'10" or 6'0")
- A run through is allowed after 3 bars are passed (for HS), but does not have to be used
- When to Pass a height
- Difference between meet and practice warmup

Personal Opinion

\*I highly recommend encouraging high jumpers to have high jump spikes or the J-heel strap-on; this helps with control around the J or the turn

\*Also, push-pins are a great way to keep your athlete's tape down at a meet

5

---

---

---

---

---

---

---

---

<h3 style="text-align: center;">Meet Warm-up</h3> <ul style="list-style-type: none"> <li>• 2-3 backbends that are 5-10 seconds long</li> <li>• Calf stretches both sides</li> <li>• Standing or sitting straddle and pike stretches</li> <li>• 3 backward flops onto the mat</li> <li>• 2 backflips to stomach (I don't let everyone do this one)</li> <li>• 1 pop-up</li> <li>• 1 scissor jump</li> <li>• 1 actual jump at starting height</li> </ul>	VS.	<h3 style="text-align: center;">Practice Warm-up</h3> <ul style="list-style-type: none"> <li>• 2-3 backbends that are 5-10 seconds long</li> <li>• Calf stretches both sides</li> <li>• Standing or sitting straddle and pike stretches</li> <li>• 10 backward flops onto the mat</li> <li>• 2 backflips to stomach (I don't let everyone do this one)</li> <li>• 1-2 "horseshoe" runs</li> <li>• 2 pop-ups</li> <li>• 3-5 scissor jumps</li> <li>• Aim for 5-10 Good Jumps</li> </ul>
--	-----	--

6

---

---

---

---

---

---

---

---

# Introducing The Event To The New Athlete

7

---

---

---

---

---

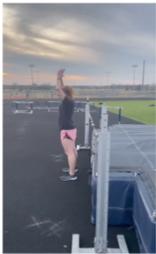
---

---

---

### Day 1 For the New Jumper

- Step 1: Find the jump foot**
  - Push the athlete from behind and see what foot they step on
  - Have the athlete run and jump to touch something, like the goal post on a football field or the net of a basketball goal in a gym, while taking off one foot (take note of the foot they choose)
- Step 2: Once the foot has been identified separate either to left or right of HJ apron**
  - Left foot takeoff = right side
  - Right foot takeoff = left side
- Step 3: Run "Horseshoe" or "U" shape Approaches**
  - Start at one side of the HJ apron, run towards the mat, curve making a "U" shape and then run straight
- Step 4: Back flops onto the mat**
  - Face away from the mat with about 1 shoe distance, after a few jumps add a bungee at a low height



8

---

---

---

---

---

---

---

---

### Day 2 For the New Jumper

Now that your jumper has :

- Jump foot
- Side they start on
- Has worked on the J-approach
- Has landed on their back on the mat
- Step 5: Introduce the Scissor Kick**
  - This teaches the importance of the knee drive in the jump
  - Needs to be done with bent legs **not** straight legs
- Step 6: Time for short approaches**
  - Pick a mark on the ground on both sides and have everyone start from the same spot
  - Jog towards the mat, (doing the curve) and practice incorporating jumping off 1 foot and landing on their back doing "the flop"
- Step 7: Full Approach Time**



9

---

---

---

---

---

---

---

---

### The Full Approach

- **Measuring the Approach**
  1. Place the tape measure on the standard near the upright, then pull it out to the side
  2. For Girls - measure out between 9'6" and 10'6"
  3. For Boys - measure out between 10'6" and 11'6"
  4. Take the tape straight back, making a 90° angle
- **Where to take off**
  - The athlete should be one arms length away from the bar
  - The takeoff spot should be around the inner corner of the standard (see picture for clarification).
- **How long should the approach be?**
  - Most jumpers start at a 10 step or 5 left/right approach
  - If someone is slow to gather speed, try pushing them back to a 12 step but no further
  - If someone is having trouble controlling their run, keep them closer to a 6 step, maybe an 8 step until they get the hang of it




10

---

---

---

---

---

---

---

---

---

---

## Drills



11

---

---

---

---

---

---

---

---

---

---

### Drills for the Approach

- **The Hula Hoop Run**
  - Lay a Hula Hoop down on the ground and have the athletes run around it
    - Focus on keeping their elbow near their hip and over emphasizing the shoulder drop
  - Left foot takeoff goes counterclockwise, Right foot takeoff goes clockwise
- **The High Knee "Horseshoe" or "U Shape" Run**
  - Split the athletes up on the side they would start their approach on
  - Have them run a VERY slow pace high knee run in a "U" shape turning around in front of the mat
- **50 meter curve runs**
  - Run 50m on the track as a build up, with high knees and an over emphasized shoulder drop (think elbow to or past hip)
  - Right foot takeoff should start at the 300m start or the 100m start
  - Left foot takeoff should start at the start line or the 200m start

12

---

---

---

---

---

---

---

---

---

---

### Drills for the Takeoff

- **Pike Sit and Double arm lift**
  - Sit on the ground in a pike position, bend the arms 90° and swing them up trying to lift the butt off the ground
  - This drill helps show the athletes the importance of using their arms in the jump
- **Springboard or Ramp Jumps**
  - If using the springboard stick to a short approach
  - Using the springboard or ramp teaches the athlete the importance of a good knee drive and strong take off before the jump – also not as hard on the body
- **Run and touch the basketball net/backboard OR goal post if outside**
  - No need to measure off or run back for a mark
  - Focus here is to teach the importance of driving the arm opposite of the takeoff side and teaching the vertical jump
- **Walking knee drives onto a chair**
  - Focus is on learning the sync between the knee and the arm when taking off



13

---

---

---

---

---

---

---

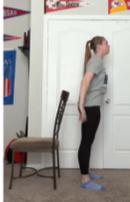
---

---

---

### Drills for the Jump

- **Back Bend on the Ground**
- **Back Bend on a Chair**
- **Back leans to chair or tall box**
  - This helps with back flexibility and is a little easier than a backbend
- **Knee drive with open twist**
  - Raise the drive knee and hold the knee without dropping, have the athlete push their hips out
- **Standing Back Flop**
  - Try to keep about a shoe distance away from the mat


14

---

---

---

---

---

---

---

---

---

---

## Common Mistakes and Potential Solutions

15

---

---

---

---

---

---

---

---

---

---

### Common Mistakes

- Loosing their speed before they get to takeoff
- Hitting the bar off with their shoulder before the jump
- Dropping their butt too early in the jump
- Coming down on top of the bar or as I call doing the "Possum"
- Knocking the bar off with the calves or feet

16

---

---

---

---

---

---

---

---

### Questions?

17

---

---

---

---

---

---

---

---