

SIMPLIFYING DIFFICULTIES IN THE HIGH JUMP

“If it looks right, it flies right”

-Charlie Francis


By: Scott Knox

WHEN TO ENTER THE EVENT

- I. 2-3 bars before the tough one
- II. Skipping 3 bars rule
- III. State caliber jumpers



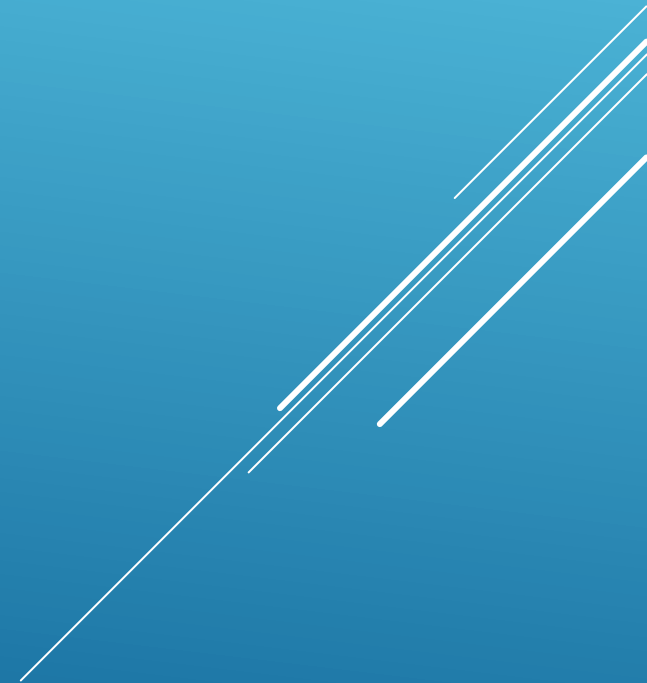
WARMING UP VS WEARING DOWN

- The Trap of Sitting and Watching
 - I. Stop being nice
 - II. 3-4 jumpers before you're up
 - III. Walking drills and visualization
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DEVELOPING HORIZONTAL VELOCITY

Developing power or spinning your wheels?

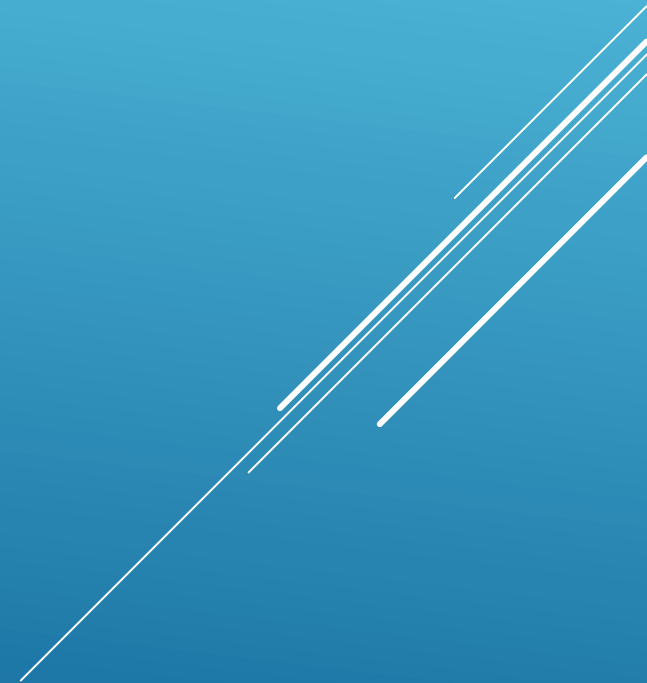
- Having a routine to get you there mentally
- Roll over or rocking start
- Check mark
- Large amplitudes of movement
- Run a straight line!
- Train with sprinters




TRANSITIONING TO AND STAYING ON THE CURVE

A straight and a curve or two straight lines?


- Transitioning and running the curve
- 3rd L steps across
- Checkpoint?
- Velocity cannot decrease
- Should see a lowering of COM
 - i. Circle runs with a straight
 - ii. Dapena runs
 - iii. 2 circles on a jump



MAXIMIZING VERTICAL LIFT THROUGH TOE OFF

- Utmost importance to carry as much controllable speed into the TO as possible
 - Body position at toe off is critical
 - Develop arm and knee drive through drills
 - Blocking
 - Eccentric training
 - Plyos
 - Med ball throws
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THE MENTAL GAME

- Show off on every bar
 - 6 degrees of jumping (Stefan Holm-You-tube)
 - Win in *May*-be perfect
 - No misses in *May* practices
 - Practice PR's+
 - End on a win
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THANK YOU FOR LISTENING TO MY
BORING PRESENTATIONS

