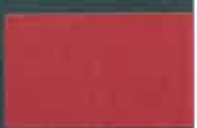


Basic Fundamentals;

BEGINNERS AND INTERMEDIATE POLE VAULTERS!

TOM HAYS

THE UNIVERSITY OF KANSAS



Bubka's story



How would you teach a beginner?

- ▶ He would start on a chair.
 - learn to hang on a pole,
 - then he would have the young athlete step off the chair and ride the pole to a target

Basic skills and fundamentals for pole vaulting!

- ▶ Running (with high heel recovery)
- ▶ Running with a pole (with high heel recovery)
- ▶ Running and dropping a pole (with high heel recovery)
- ▶ Running dropping and riding a pole (traveling on a pole)

0 – step vaults

- ▶ Learning to move with the pole
- ▶ Developing pole vault strength



0 – step drill



2 - 4 - 6 step vaults

- ▶ Learning good fundamentals without speed.

Approach Lengths?

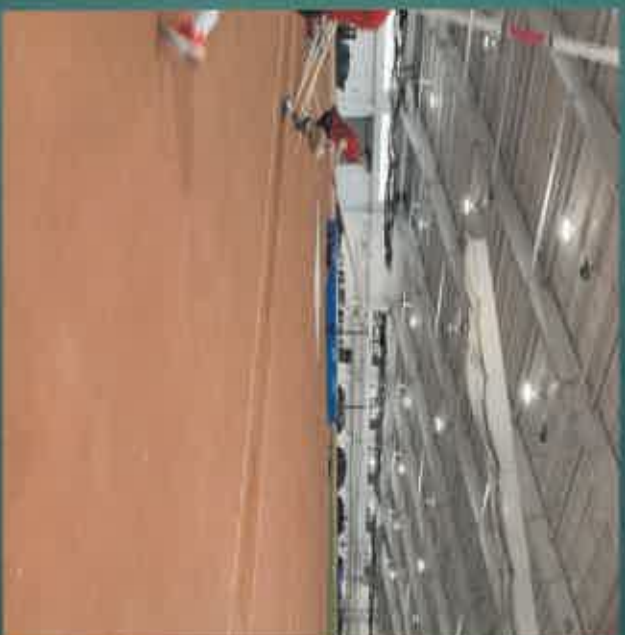
Step Guidelines!

- ▶ Beginner 6 to 10 steps
- ▶ Intermediate (steps should match their jumping height)
example: 10 footer 10 steps, 12 footer 12 steps, 14 footer 14 steps.

Connection drill

- ▶ Connecting everything!!!
 - run
 - take-off
 - swing where and when
 - turn and pull
 - fly away or bar clearance

Connection Drill 1



Connection Drill 2

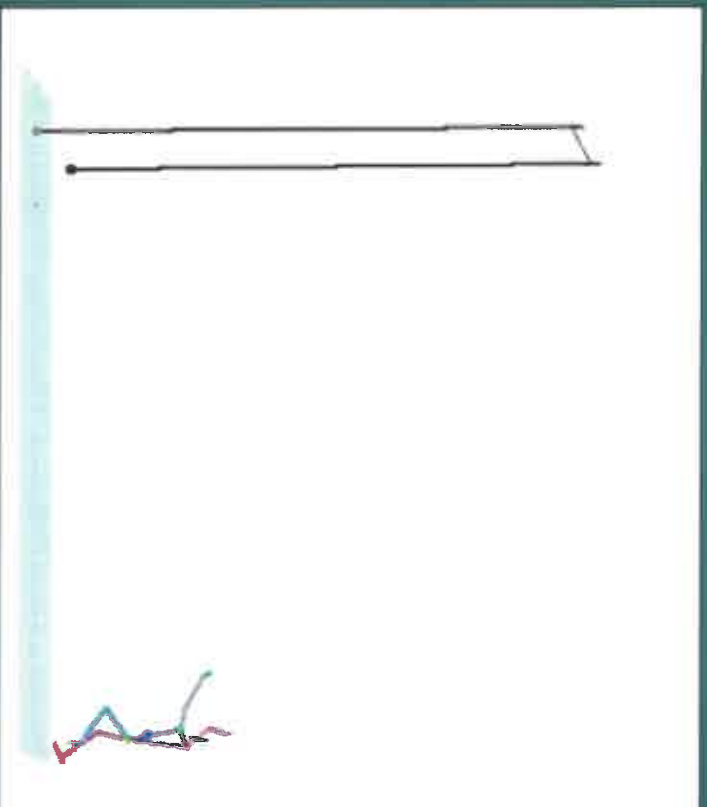


Connection Drill 3





Understand what good technique
is, teaching the fundamentals!



The Carry



- Carry the pole on your skeletal system (where does the pole feel the lightest)
- Carry your arms like a sprinter

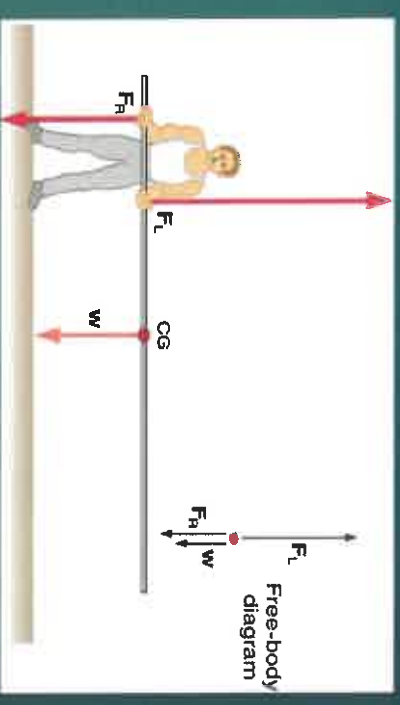


Illustration by Unknown Author is licensed under [CC BY](#)

The Run



- Tall
- High Knees
- High Turn over

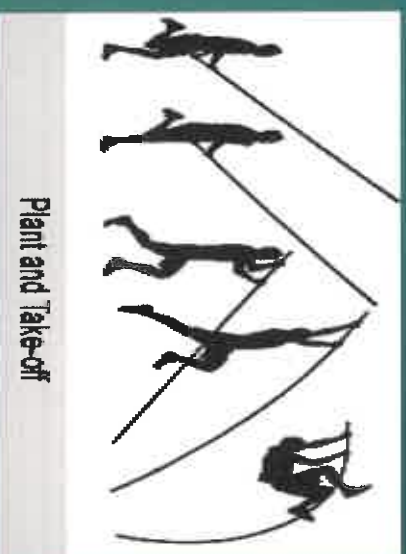


The Pole drop



The image is licensed under CC BY-SA

- The pole is a weight that influences your body
 - turn over
 - take-off
 - follow through



The image is licensed under CC BY-SA

The Plant



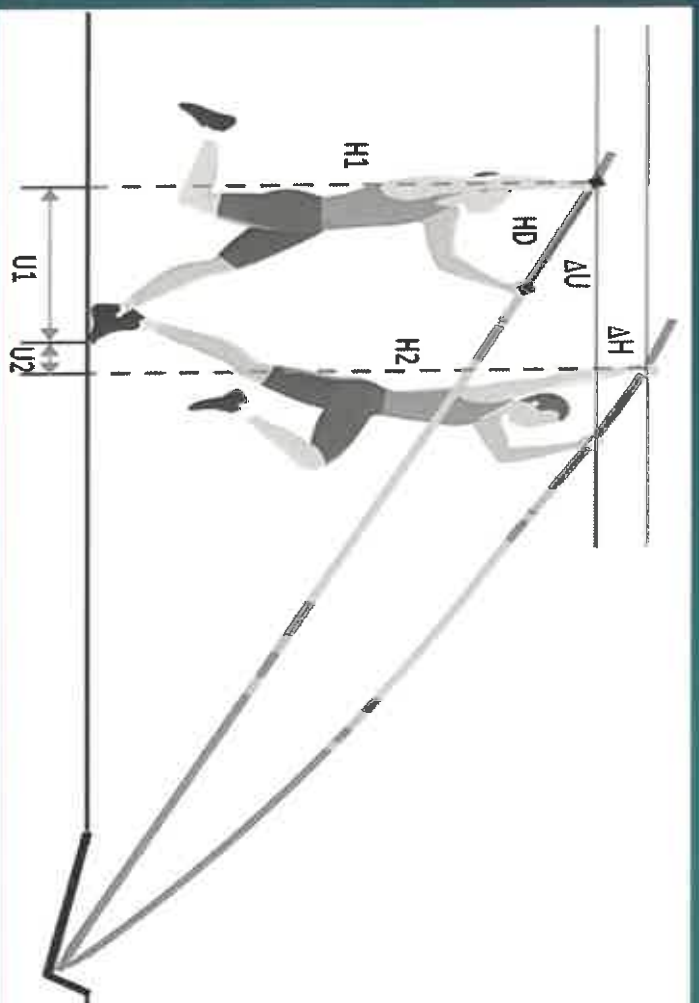
© Sportsworldphoto.com

This image is licensed by Unknown Author is licensed under CC BY-SA 4.0



- 3 little check points!
- Right hand right foot
 - Take-off contact top arm position
 - Lead knee pole pressure comparison

The Take-off



- Tall
- Moving
- Upright over the Box in theory

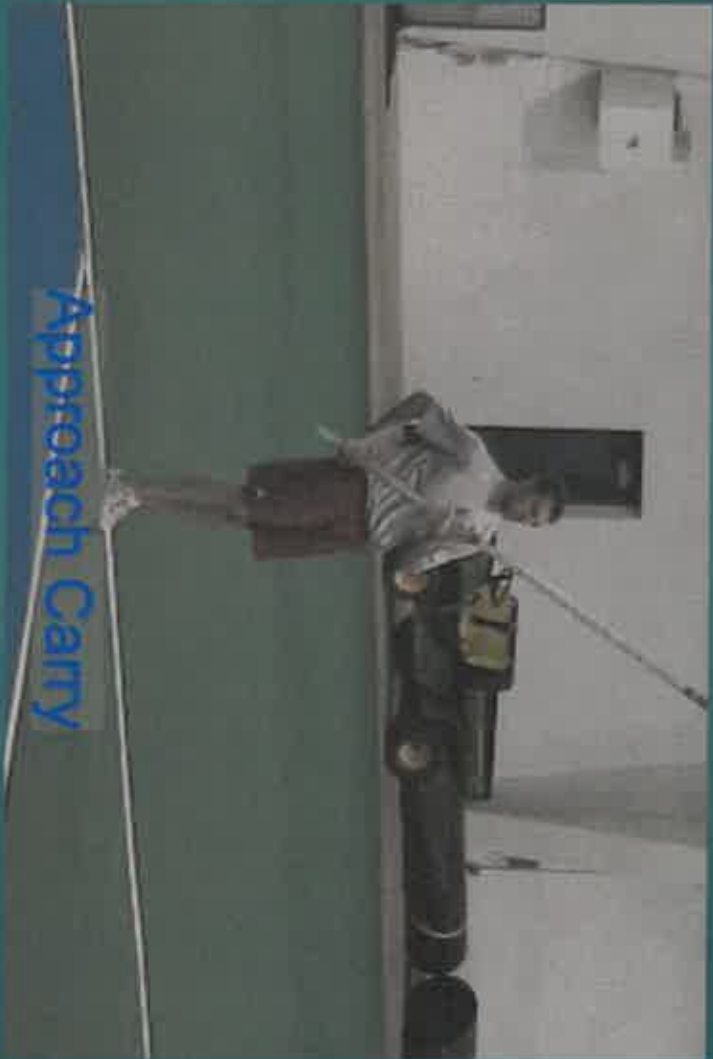
Swing

- ▶ How and when an athlete should swing
 - with a moving pole
 - the legs should move first



Strength drills for pole vaulters

- ▶ Drills on the ground and pit
 1. forward rolls
 2. backward rolls
- ▶ Drills on the bars and rings
 1. knee ups
 2. roll ups
 3. swing ups
 4. swing series



Approach Carry

