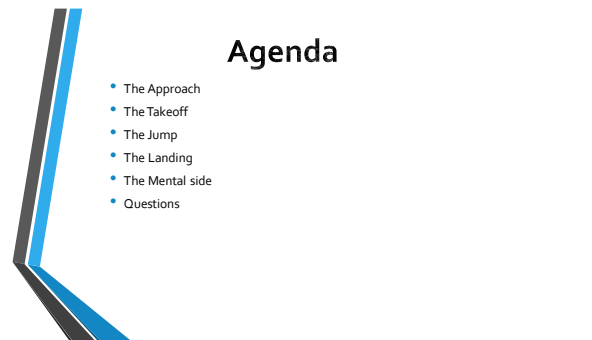
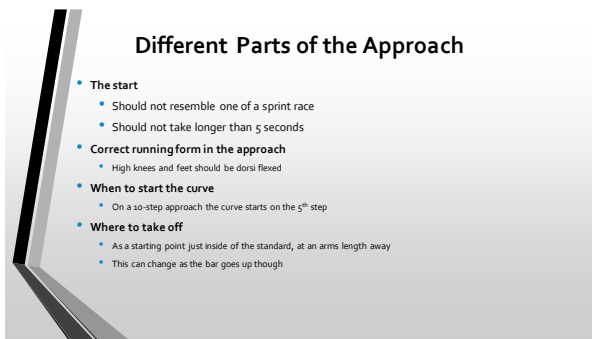




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4

Drills for the Approach

- **The Hula Hoop Run**
 - Lay a Hula Hoop down on the ground have the athletes run around it focusing 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 athletes up on the side they would start their approach on
 - Have them run a VERY slow-paced 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 mark or 200m start
 - Left foot takeoff should start at the start line or the 200m start

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Executing the Takeoff

- **The penultimate step (2nd to last step)**
 - The body stays tall
- **The takeoff angle**
 - The body should never be parallel to the mat
 - Come in at a 45° angle roughly to the mat
- **The knee drive and same side arm lift**
 - The knee after takeoff stays in the air and doesn't drop as the body goes over the bar
 - Think about driving the knee higher than the bar height before starting to flop

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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 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 is 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 knee and arm on the same side of the body
- **Walking knee drives onto a chair**
 - Focus is on learning to sync the knee and the arm with putting the take off foot down

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The Jump

- Body position
- Hip position
- Head position
- Importance of timing and repetition



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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 then have the athlete push their hips out
- **Standing Back Flop**
 - Try to keep about a shoe distance away from the mat
- **Short Approach – with straight arms slap the hips over the top of the bar**
 - Keeping arms straight is the key, hips will have to be pushed up for arms to stay straight and hit



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The Landing

- **Landing position**
 - Feet should be straight up in the air before hitting the mat
 - Land with back on the mat and feet over the head touching the mat behind them
- **Lead with the Shoulders to the mat**
 - The jumpers butt should never touch the mat
 - Encourage the athlete to roll backwards when they land
- **Drills to do**
 - Candlestick Holds followed by knees to the ground
 - Standing Back Flop with a backward roll
 - Try to keep about a shoe distance away from the mat



10

The Mental Side

- **Getting out of the mental block**
 - Never end practice on a run through
 - Lower the bar to build back their confidence if needed
- **After a rough meet find the positives**
- **Find a pre-jump routine that works such as:**
 - Close the eyes and visualize the jump before they go
 - Stay "in the zone" at a meet and not making it a social hour
 - No phones at meets...like at all... this keeps them focused
 - Sit after each jump and get off the legs
 - Do back bends or bridge stretches
 - At the start do a tuck jump or high knees to get blood flowing after sitting

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Questions ?

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