



Pole Vault Tools For Your Toolbox

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There's more than one way to pole vault

How the Pole Vault Works

- Pole vault, at it's simplest form is just
- **Creating and transferring energy.**



How the pole vault works

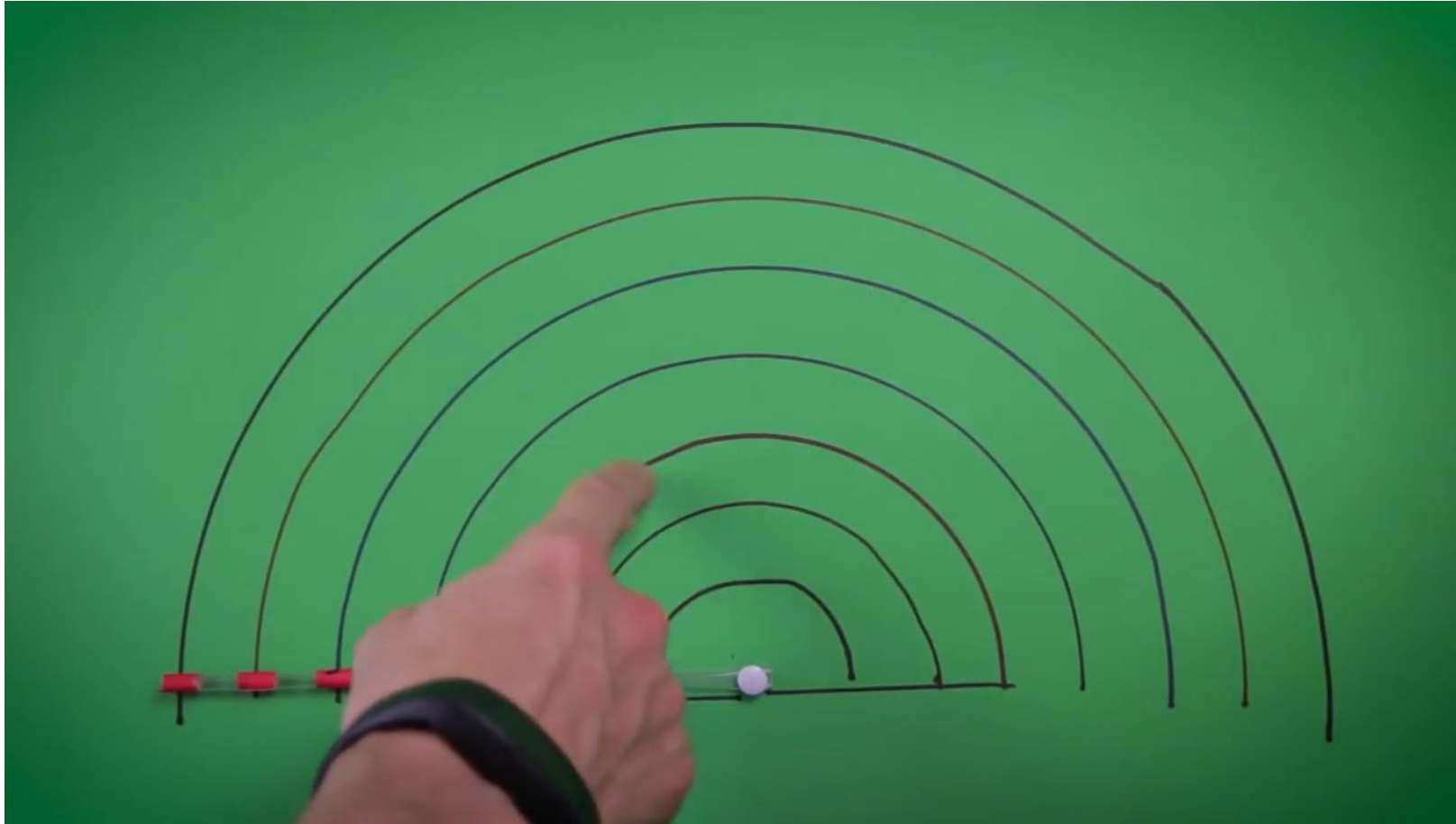


How Do We Know We're Transferring Energy?

- Is the pole moving to and past vertical?



How Can We Effect Pole Speed?



The Settings and Pole Speed

1. GRIP



2. POLE



3. RUN



Recap

- 1. Create and transfer energy
- 2. To move to the pole to vertical as fast as we can
- 3. To do this, use the vaulters natural ability, technique, and pole vault settings

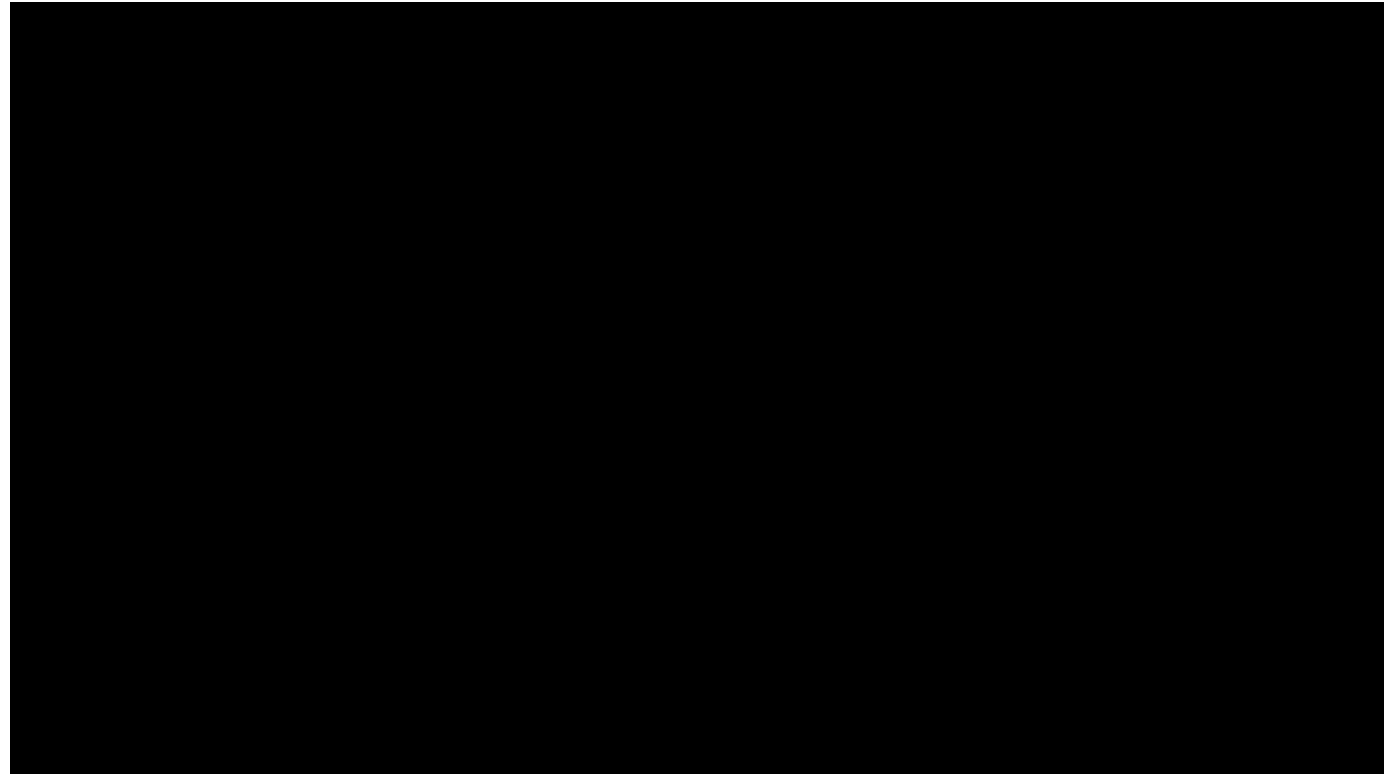
So what can we technically do to create and trans



The Pole Vault Order of Operations

Its like math but more fun

- 1. Run
- 2. Plant
- 3. Take-off
- 4. Swing
- 5. Turn/Invert
- 6. Pike



The Run

The Goal

1. Create as much energy as possible
2. Be in the best body positions to transfer the energy

Remember: We want to be as fast as possible at the end of your run



What I Do at Camps to Improve the Run

Focus on 2 things

1. Run tall
2. Put force into the ground.

Start in the warm up

Running drills

Without a pole and with a pole



A Few Drills to Improve the Run

Straight leg Series

- For speed
- For distance

(these help with Tall)

Progress into running



The Plant

The Goal

- Transfer the energy into the pole



The Plant

1. Have an early plant
2. Hit the top of the slide
3. Plant as tall as you can
4. Find elasticity



Closed vs Open Shoulder



My Favorite Drill



Wall Plants



Run and the Plant

If good things happen on the ground, good things will happen in the air!

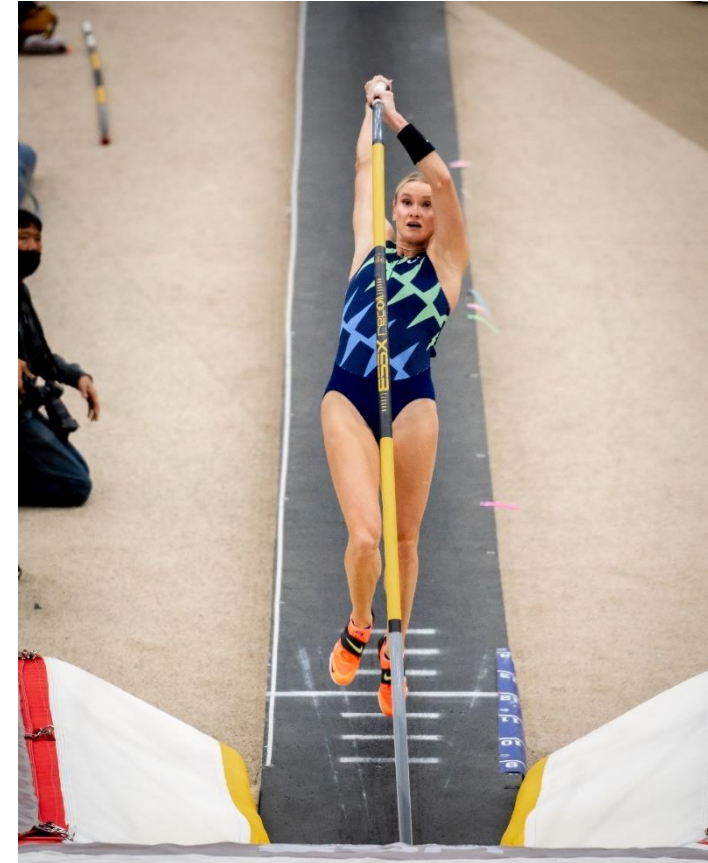
Remember – Keep asking, “Are we creating and transferring energy?”

And there are lots of ways to do that!



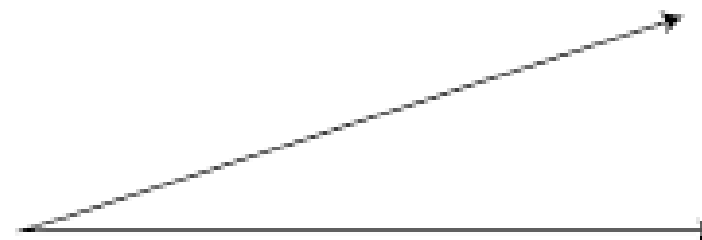
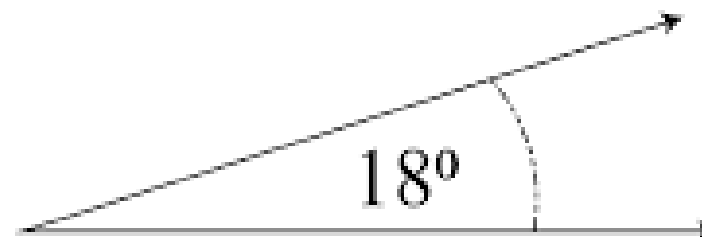
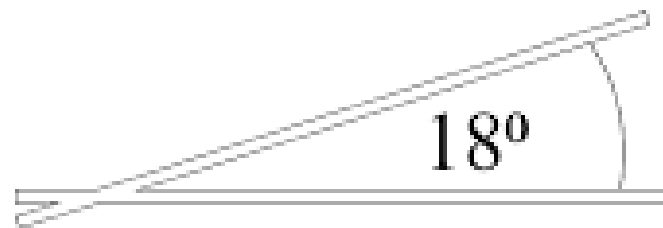
The Order of Operations

1. Run
2. Plant
- 3. Take-off**
4. Swing
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The Take-off

Think long jump
With a pole in your hands



An Easy Way to Coach the Take-off

Skip progressions



Progress to Speed



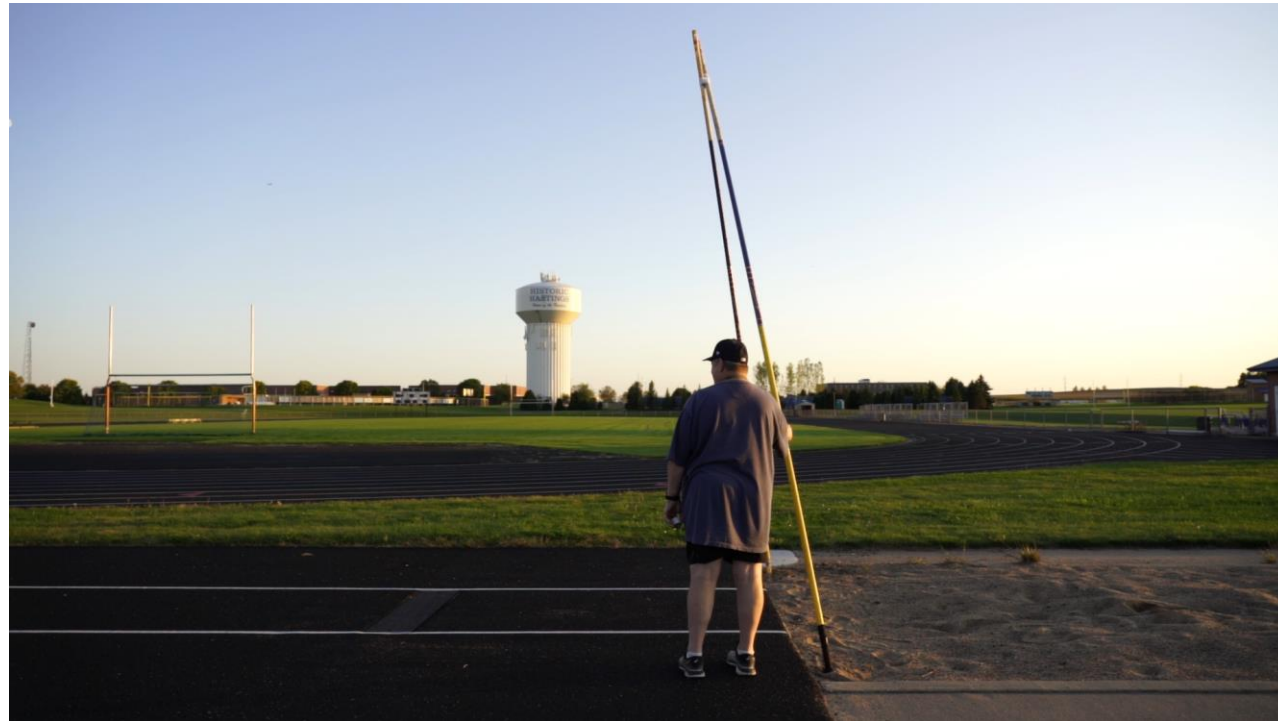
Progress to Distance



Progress to holding Objects



One More Take-Off Drill!



Tying the Plant and Take-Off Together



Tying the Plant and Take-off Together



Progress to Running PTV

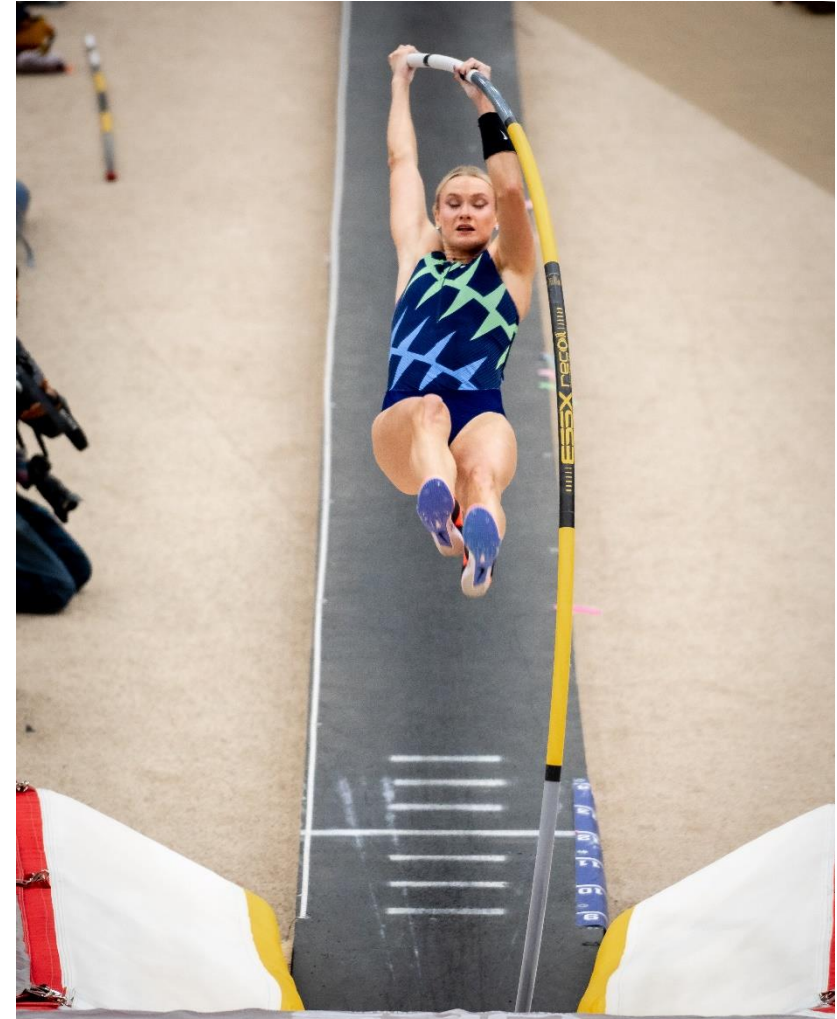


You're Take-off Step Isn't as Important as You Think



The Swing

1. Run
2. Plant
3. Take-off
4. **Swing**
5. Turn/Invert
6. Pike



A straight line



Hands or Feet?

Swing your feet to your hands!



Arms vs Legs



Think Close the Gap



High Bar work



The Turn and Invert

1. Run
2. Plant
3. Take-off
4. Swing
5. **Turn/Invert**
6. Pike



Goal of the Turn

“To stay as tight to the pole as we can while positioning our self to go over the bar belly first.”

How To Turn

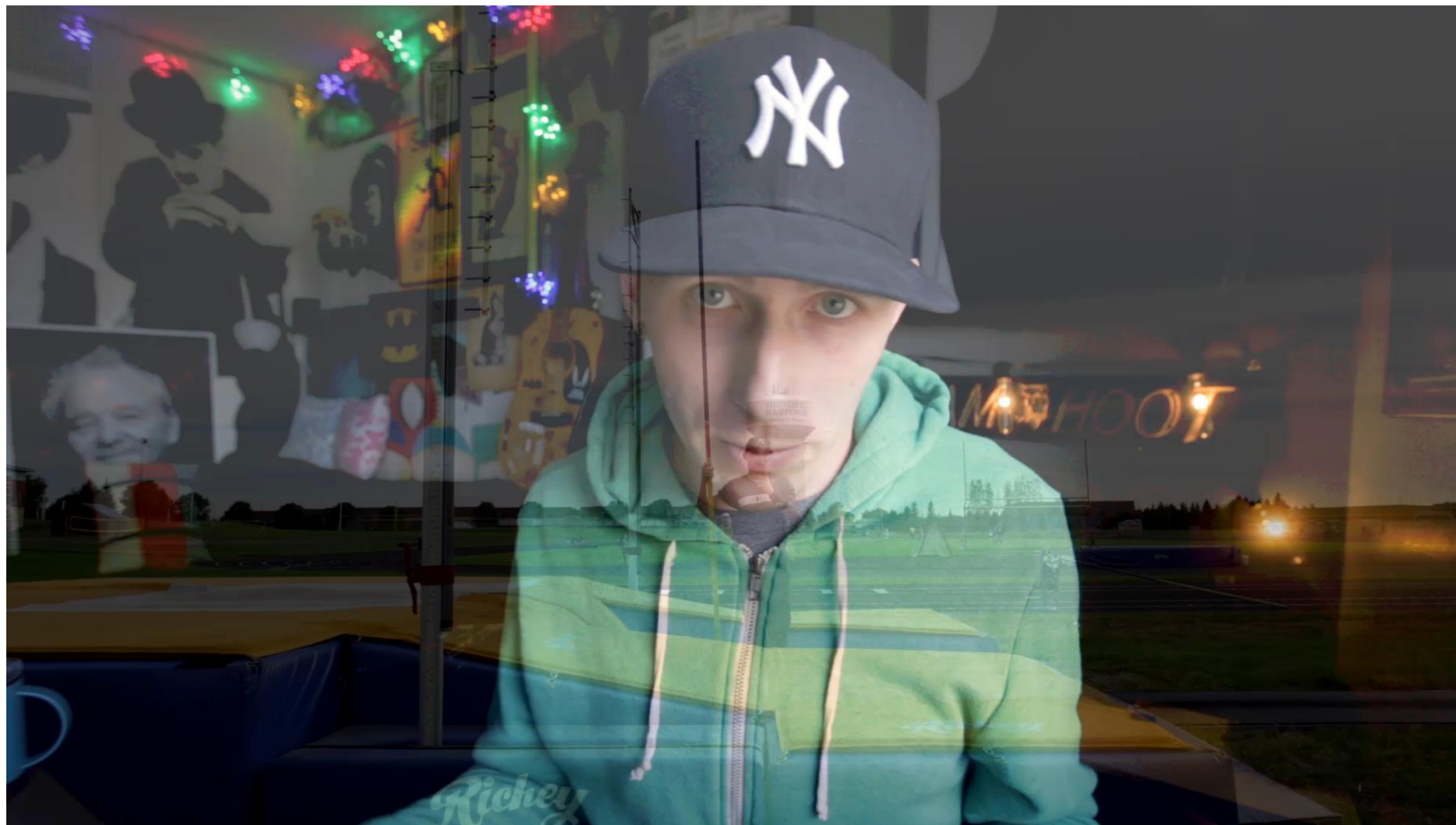
Pole Vault Drills
The Caroline White Series

Progressions

1. Standing
2. Walking
3. Jogging
4. Get to the pit



The Next Progression



Progressions in the Pit

1. Land on feet
2. Quarter Turn Land on Left Side
3. Full Turn
4. Move to bent pole
5. Move to stiffer bent poles



The Invert

The goal of the invert

- To be the best Implement possible



Step 1. Is it a Strength or Technique Issue?



1. Knee raisers
2. L-ups
3. Toes to the bar
4. Shoulder Drop tucks
5. Split leg inverts
6. Shins to the bar
7. Knees to the bar
8. Quads to the bar
9. Full inverts (bubkas)
10. Negative inverts

Step 2: Make Technical adjustments : Arm Placement

Arms crossing the body



Pulling on the pole

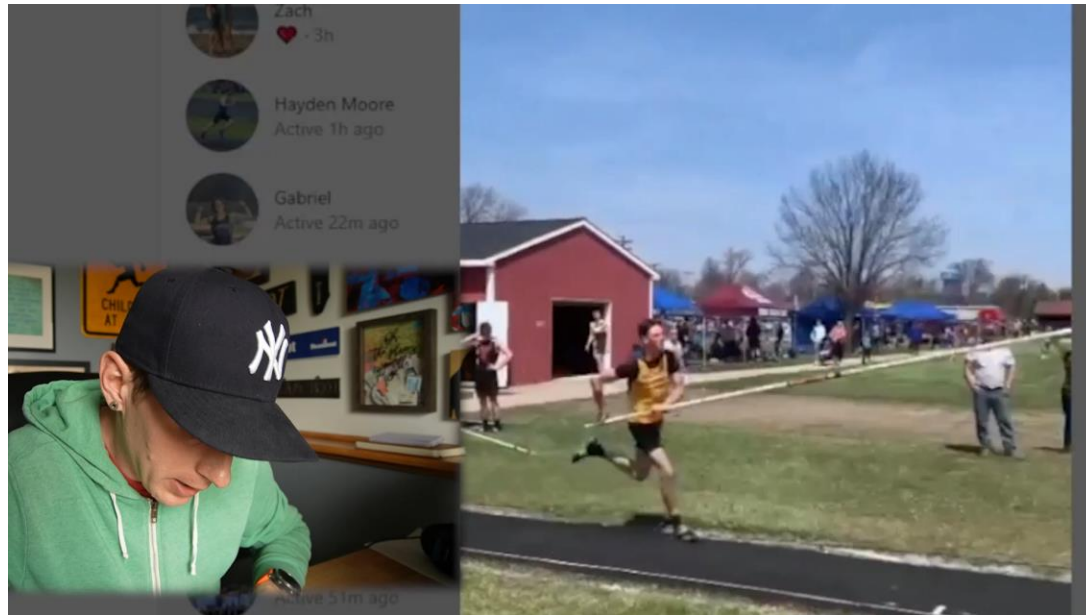


Step 2: Technical Adjustments: Arm Placement

Too much pressure on the bottom arm.



Technical Adjustments : Arms Vs Legs



Too much arm movement

Step 2: Technical Adjustments: Closing the gap



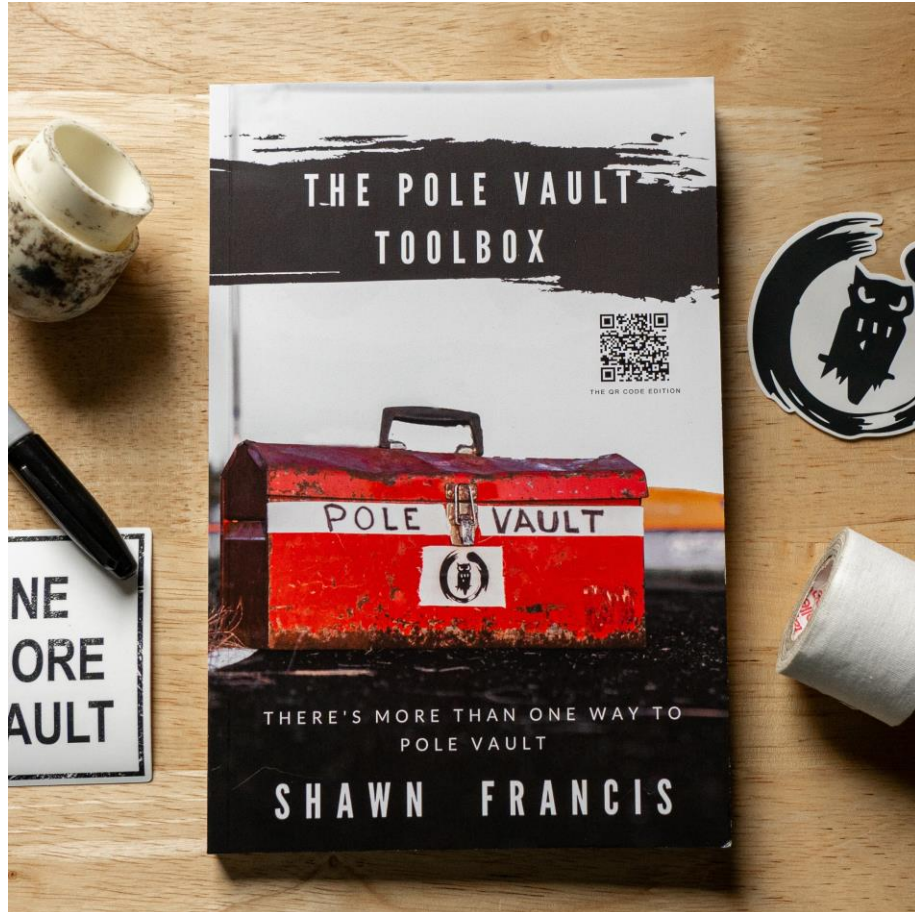
My Favorite Invert Cue



The Pike



Recourses



Team-Hoot.com

Youtube – Team Hoot Pole Vault

Instagram – Team Hoot Pole Vault