

# Keep Score! How to make Champions...

POLE VAULT RULES TO WIN BY!

TOM HAYS

THE UNIVERSITY OF KANSAS

# Understanding the game you're playing!

- ▶ The game is to make bars!
- ▶ Aggressive bad technique beats Perfect technique every time
  - assuming basic fundamentals are present
    1. consistent step
    2. tall plant
    3. the ability to move the pole to vertical
    4. landing consistently in the coaches box
- ▶ It's about competing not PR's

# The formula

- ▶ 70% - 90% of the time!
- ▶ 10 jump work-out (score it)
- ▶ 70/30 rule

70% positive

30% Negative

# Competition Rules or (Goals)

- ▶ First 1/3 of the season!
  - Make 3 bars in a meet (Goal) The athlete might start 2 to 2 ½ below his or hers best jump.
- ▶ Second 1/3 of the season!
  - Still make 3 bars in a meet (Goal) The athlete should now start 1 ½ below his or her' s best jump.
- ▶ Championship season!
  - Strategy time! (How high does the athlete need to jump to place or win.)

# Coaching Rules



- ▶ Jump with a purpose
- ▶ 3x in a row before change (luck, chance, skill)
- ▶ 1 change at a time
- ▶ Don't leave the pole until it leaves you

# Cause and effect

- ▶ Coach the cause!

example: athlete take-off is under what you do?

- move the athlete back?
- move the athlete up?
- plant mechanics?
- pole drop?

# 3 styles of pole vaulters

- ▶ # 1 Move the pole with the run take-off
- ▶ #2 Move the pole with the swing
- ▶ #3 Move the pole with the run take-off and speed the pole up with their swing

# Vaulter #1 Moves the pole with their run take-off





# Vaulter #2 Moves the pole with their swing!

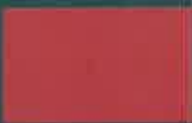


Jason Colwick

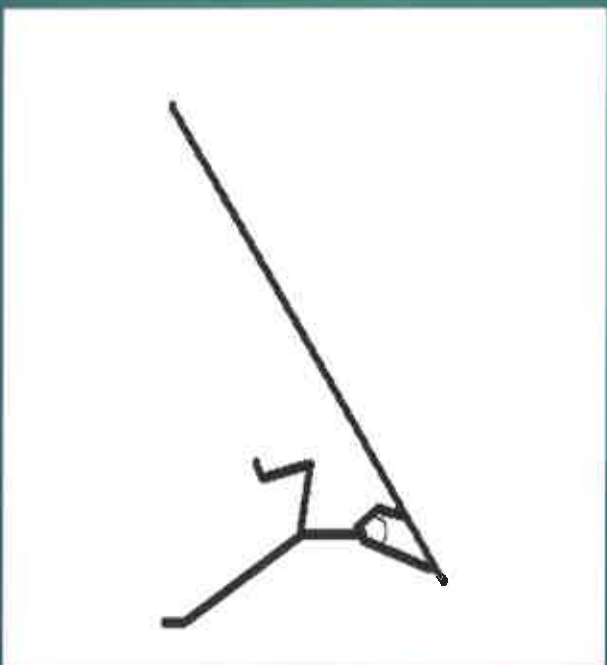
5.50m 0

Vaulter #3 Moves the pole with their run take-off and speeds it up with their swing

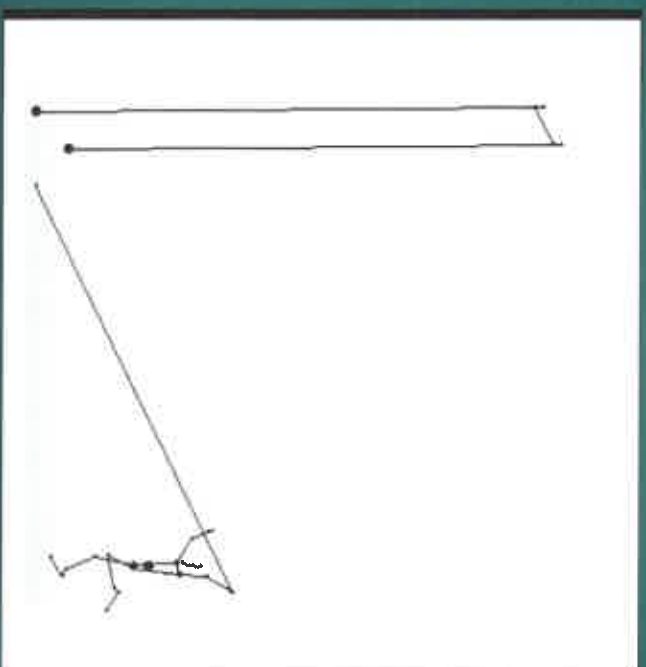




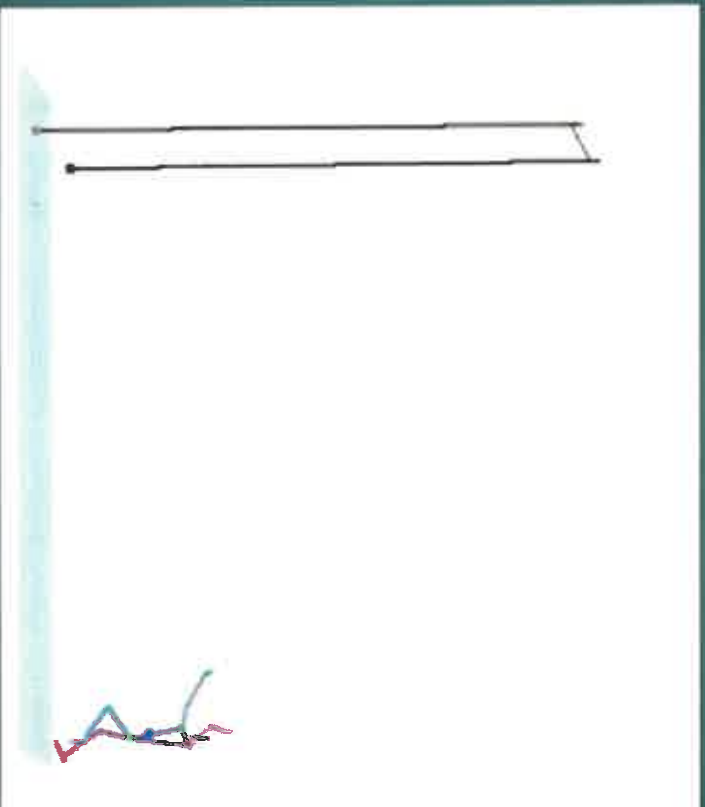
What has to happen for change to occur!




# Cord of the pole and how you can't go against physics



# The importance of firing order





# Questions!

Tom Hays

[thays@ku.edu](mailto:thays@ku.edu)

Thank you!