

Troubleshooting Pole Vault Problems

The Approach

Consistency.

Nice smooth rhythm.

The Plant

Short last step.

The body is strong and rigid.

The Take-off

The body is tall and driving upward.

Lead leg, Trail leg.

The Swing

Upper body strong and flexed.

The lead leg is driving up with knee focus.

The trail leg is swing through like punting a football.

The Row and Turn

Seal the body to the pole.

Row the body vertical up the pole.

Turn and release or push the pole away.

Never land on your feet in the pits.