“Building A Freshmen Pole Vaulter”

Session 1

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1. (Speed) Working with or doing sprint workouts.
2. (Coordination)
3. (Strength) Abdominals and upper body.
4. (Fearless) Wrestler/ individually motivated. Willing to keep trying.
5. (Rhythm running) Good continent stride.
6. (Gripping the pole) different situations.
7. (Grass or sand jumps)
8. (Walking Plants)
9. (Counting steps) “One-lift-Pop” Count left steps
10. (Plant Progression) “Slow Walk”, “Fast Walk”, “3/4 Run”, “Full Speed”
11. (Pole runs) on track with towel or slider box.
12. (Into the Pit) A,BC’s drill
13. Bubka video (pop-ups)
14. (4-5 step jumps)