

Troubleshooting for High Jump problems

The Approach

8-15 Feet wide. 30-60 Feet Deep.

Nice smooth approach, slow to fast in rhythm.

Rehearsal, rehearsal and repeat.

The Takeoff

Keep the speed from the approach through the takeoff.

Keep the body leaning away from the bar.

Keep the head tall at takeoff.

Remember- The takeoff sets you up for the jumpers flight.

The Flight or Bar Clearance

For an action there is a reaction.