

HIGH JUMP 101 JUST THE FACTS

The Jump Approach

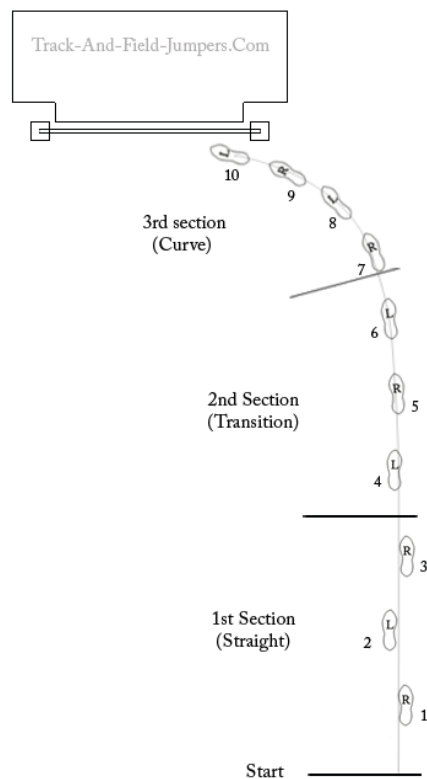
****Approach usually from 8-10 strides. Depends on ability of athlete.***

****Consistent approach is critical***

****Check marks usually placed at beginning of approach and other place in run.***

Proper acceleration, sprint mechanics and body posture is critical.

****Frequency increased throughout the run.***



PHASES of the APPROACH

****DRIVE PHASE-Consists of first 2-3 strides in high jump. Body lean and forceful strides to overcome inertia and build momentum.***

ACCELERATION PHASE-Characterized by continued uniform acceleration and progression to an upright posture and efficient sprint mechanics.

TRANSITION PHASE-Final 4 strides. Special attention paid to this phase as final adjustments are made here to initiate takeoff.

Elements of a High Jump Approach

**Usually begins as a straight line, finishing as a curve. Curve helps develop centrifugal force in order to propel the body over the bar as the vertical takeoff is executed.*

**8-10 strides employed, with last 5 strides on the curve.*

**1st check mark is 10-16 feet from the near standard. Faster the jumper, the further out this mark can be.*

**2nd check mark is located on a running perpendicular to the bar from the other check mark, and locates the start of the run.*

**The athlete should begin the run by running in a straight line perpendicular to the bar, towards the check mark. The curve is initiated by turning the inside foot inward slightly on the fifth step (of a 10 step approach)*

**Curve will establish a pronounced inward lean, and apply foot pressure outward against the curve. This is critical for a proper take-off.*

THE TAKEOFF

**Jumper's primary focus is inward lean and outward pressure as long as possible.*

**Jumper should attempt to jump at take-off vertically, through the cylinder. Keep inside shoulder up (post inside shoulder)*

**Final strides-Proper posture*

**Common errors-Backward-forward lean, or butt out.*

PENULTIMATE STEP (Second to the last one)

**Should have a dorsiflexed ankle prior to contact.*

**Should have a rolling contact of the foot.*

**Should not occur too far in front of body. Watch out for braking.*

**Should include slightly lowering of body.*

LAST STEP

**Should have a dorsiflexed ankle prior to contact.*

**Should exhibit a rolling contact of the foot.*

**Should touchdown in front of the body, with the foot pointed between pit corners to eliminate ankle injuries.*

**Don't rush it, peck or slack at the ground.*

THE PUSH OFF FROM THE GROUND

**Should be vertical up through the cylinder.*

**Should feature a powerful, upward swing of free leg and arm.*

**Don't hurry it.*

**Proper blocking involves stopping the swinging of the arms and free leg at the instant of takeoff.*

THE FLIGHT

**Lay back, lift hips, and hold position.*

**Peak of flight is located over the bar.*

**In final stage of flight, jumper should lift head and feet to clear bar.*

High Jump Video Analysis Form

	Improvement needed y/n	Comments
First Step. Knee over toe.		
Appropriate Speed on approach and Curve. Last 5 steps appropriate speed.		
Take-off shoulders behind take-off foot.		
Body away from bar at take-off. Is foot at take off away from bar at the appropriate spot.		
Blocking arms at take-off.		
Knee up-Is body turning before take-off? Did knee stop prematurely?		
Head Back		
Knees apart		
Tuck chin when hips are on bar.		
Overall analysis of jump.		

