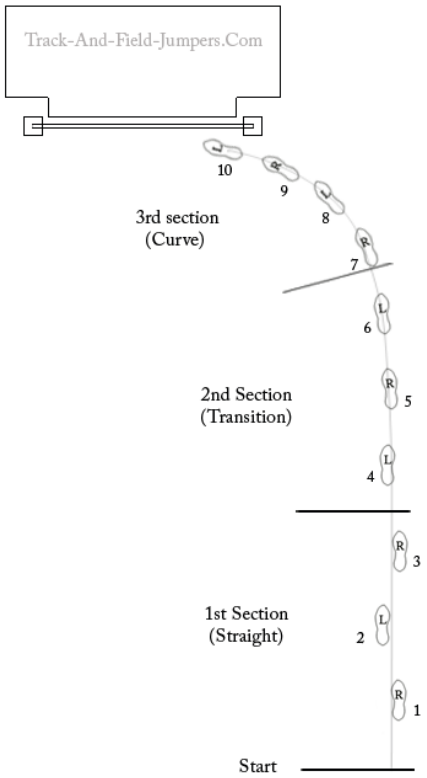
HIGH JUMP 101
JUST THE FACTS

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 GOUND

****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.		