

Pole Vault Basics

1. Safety
 - a. Poles
 - b. Equipment (Pole tree or hurdle)
 - c. Patience and more patience
2. Athletes (sixth best athlete on the team)
 - a. Athletic (must want to vault) biggest, fastest, strongest
 - b. Fast and core strength (ask other coaches)
 - i. Gymnast
 - ii. Skateboarder
 - iii. Wind-surfer, cheerleader, etc.
 - c. Warm ups: be consistent and only about 15 minutes
3. The Vault: Three Parts (run, plant, swing)
 - a. The Run
 - i. Start slow and finish fast
 - ii. High knees (knee parallel to the ground)
 - iii. Stand tall (runner should be vertical to the runway)
 - iv. Pole carry (right hand on hip, left hand center chest)
 - v. Lower the pole 3 strides from box
 - vi. Fastest controlled run
 - b. The plant
 - i. Must be vertical at the plant (no inside or outside vertical. pole cannot be to the right or left of center)
 - ii. Both arms fully extended
 - iii. Plant is pushing motion not pulling
 - iv. Runway plant and sand plant
 - v. Hear the run
 - c. The swing
 - i. Take off must be explosive
 - ii. Drive leg to the chest
 - iii. Trail leg long and straight
 - iv. Hips must rotate above the head
 - v. Feet must go above and beyond the pole
 - vi. Top hand needs to go to the crotch
 - vii. When fully vertical:
 1. back should be to the bar
 2. pull upwards and turn, right ankle, then right hip to the left
 3. the body will follow and the athlete will turn over the bar
 4. only push off and release the pole when the hips have cross the over the bar

5. Never land on your feet on the pad!

4. Workouts:

- a. Vaulting is a workout! (an athlete has only ten vaults in a day)
- b. Condition your athletes after you have vaulted
- c. Try to have athletes do some type of cool down after competition
- d. Try having vaulters do other events (hurdle, long jump and sprints)
- e. Workouts will vary depending on weather conditions
- f. I.T.P. Individual Training Plan