“Drills And Training Ideas For The Pole Vault”

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1. Speed work with the sprinters-
2. Inverted push-ups
3. Rock Back drills-
4. Towel drill- 3x3 In, out, and both ways (First of the week and day after meet.
5. Approach Runs- On track (Short and Regular)
6. Working on the turn-
7. Gadgets and the pool
8. Rope drills
9. Kicking the Bungee- (Hip and leg extension)
10. Open to any questions-