

## 5 Key High Jump Pointers

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## Quick about me

- HS in GA
- Path through college
- Graduated from University of Arkansas 2016
- ESU Track and field

## Here's what you'll learn today

- The 5 Keys
  - Developing an approach
  - Running a curve
  - Posture at takeoff
  - The truth about flight over the bar
  - The speed of the approach

## Developing the approach

- Consistency is key!
  - Stand
  - Jog In
- 6, 8, 10 steps
  - Easier to start short and extend as the athlete gets better

## Developing the approach cont.

- Cone drills
  - With Medball
- 20/10/10
- Straight Line Rhythm Run
  - Acceleration through approach
- Measure it out

## Overall Be consistent!

Emphasize rhythm, and remember to keep practicing the approach to make it second nature

## Running a curve

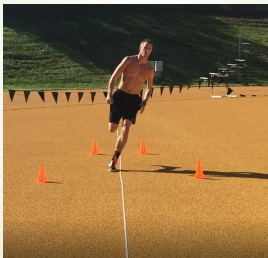
- Circle Drills
  - Figure 8
  - Skips
  - Hurdle
- Inside Heel!!
  - Tip Toeing through curve
- Stay open and fluid

## The Crossover Step

- 5 Step curve
- Step lands in front!!
  - Don't over exaggerate
- Stay in the curve
  - Low walks

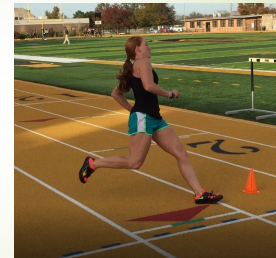


## Stay Open and Crossover!!



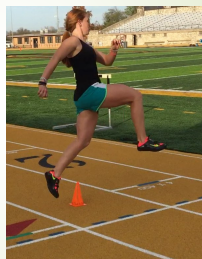
## Posture at takeoff

- Runoff
  - Avoid the load
- Stay Away
  - Caused by running curve
  - Don't fake lean



## Posture at takeoff cont.

- Quick last step!
  - Do not reach on last step
- Drive knee and hold



## Flight over the bar

- What happens on the ground controls the flight over the bar!
  - Rotation
- Pressure in the curve
- Width of approach



## Flight cont.

- Snapping when over the bar
  - Most common mistake seen in collegiate freshman
- Tuck the chin
- Keep takeoff knee up and allow the other to meet it

## Curve, Posture, Flight

- Running a good curve, and having correct posture at takeoff, will allow for proper flight path over the bar.
  - Try using tape for the approach as a guide.
- Hip Height Matters
  - Many athletes think if their back looks high over the bar then they cleared it.

## Speed of approach

- Controllable speed!
  - Running a curve will effect the amount of speed an athlete can control
- Start slow!
- Strength is necessary for running tight curves
  - Bailing on penultimate step
- Watch for the breaks!

## Review


- Approach
  - Consistent throughout!
  - Medball and cone drills
  - Straight Line Rhythm Runs
  - Measure the approach!
- Curve
  - Drills
  - Stay open and fluid
  - Crossover step
  - Low walks

## Review Cont.

- Posture
  - Avoid loading
  - Stay away
  - Quick last step
  - Hold takeoff knee
- Flight
  - Controlled by approach
  - Rotation
  - Don't "snap" just tuck
  - Match knees

## Review Cont..

- Speed
  - Varies from athlete
  - Start slow
  - Strength is important
  - Watch for the breaks!



## Workout Examples

- Cone Drills, Straight Line Rhythm, Short approach development.
  - 4-8 Straight line rhythm with short approach steps (5 or 6 steps)
- Medball routine for strength
  - Chest Pass, Between legs forward, overhead back, lunge each leg.
  - Height, Slam walks.