

## High Jump Teaching Progression

Brian Batliner – JCCC

### Full Movement Progression

1. Walking Take-offs (Posture, arm action, shoulder alignment, head alignment, eye control, “hit the X”)
2. Pop ups off ground (cues: heal punch/knee drive, arm-action)
3. Pop ups off box
4. Scissors off box over bungee
5. Scissors off box over bar
6. Scissors off ground over bungee
7. Scissors off ground over bar (challenge them for height!)
8. Take-off-and-hold off box over bungee (Cues: Finish extension through right side...knee, shoulder, chin)
9. Take-off-and-hold off box over bar
10. Take-off-and-hold off ground over bungee
11. Take-off-and-hold off ground over bar
12. Full Jump off box over bungee (Work on finishing takeoff then transitioning into natural, relaxed drape over bar)
13. Full jump off box over bar
14. Full Jump off ground over bungee
15. Full Jump off ground over bar

### Partial movement drills:

1. Skipping take-offs (Work on posture over penultimate, cue: pushing through penultimate)
2. Circle Runs (approx. 5 meter radius, active feet, core engaged)
3. Bar Runs
4. Straight line rhythm runs (catch 5<sup>th</sup> step, be consistent), pop off at end
5. Full Approach run-throughs
6. Single Leg Drills (with hurdles, walking with bar, running with bar)
7. Wrestlers arch (only to work on flexibility of spine)
8. Bounding: Power, single leg, triple jump (Emphasize: Posture, ground contact, direction of force, arm action)

## 12 Technical Points of the High Jump

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1. From first step of approach, angle of acceleration should be some variation of 45 degrees and the angle should decrease slightly with each of the first 4 steps with the goal being a perfect upright position on the 5<sup>th</sup> step of the approach.
2. The curve running should be initiated with the fifth step of the approach and should include a very subtle turning of the heel of the outside (right) foot.
3. All of the first 4 steps of the approach should be in a perfectly straight line and this can be accomplished by using a visual cue. 5<sup>th</sup> step should be relatively straight but can very slightly to the outside.
4. While running the curve, the jumper should maintain a perfectly upright posture. Cue: “Engage your core” and “show me your bowtie”.
5. Each step of the curve should be placed so that the long axis of the foot is in line with the tangent of the curve. (coach should use a view from behind to monitor this)
6. The lower leg shank (shin angle) should strike perpendicular to the ground throughout the curve. Negative shin angles cause a downward angle in the hips. Cue: Active feet, strong ankles
7. At take-off athlete should direct vision toward the junction of the crossbar and far standard and should keep the eyes in this position while clearing the bar.
8. Avoid sudden movements at take-off. Head should be centered between shoulders and in an upright position. Cue: Finish extension!
9. Create an “X” with the angle of the shoulders being perpendicular to the bar and the lead leg and arms driving parallel. Cue: Hit your X!
10. Avoid throwing the head out or any sudden, unnatural movements with the arms and legs let the rotations created on the ground carry you over the bar! Cue: Ride the wave!
11. Over the bar, allow for natural drape. Head should turn sideways over the right shoulder and eyes stay focused on cross bar junction.
12. Be aware of the landing position on the pad.
  - a. Too Shallow or deep, and in middle or closer to near standard = cutting at bar
  - b. Too Shallow and toward the far standard = running too deep before starting curve
  - c. Land toward back quadrant of the pad and lying out in line with the final direction of the approach run.