High Jump
Technique, Training & Drills

By:
Al Troyer
Head Women’s Track Coach
Tonganoxie High School
Cell: 620-770-9841
Email: altroyer@tong464.org

The Approach
• “J” and only the “J” Approach
• Distance out from the Standard is 9 to 14 feet
• Distance back for the take-off point is 10-11 Strides
• Drive Phase-Standing vs. Run or Walk Start
• Fifth or sixth stride should be a 6” out step
• Mapping Technique-German
• Penultimate Stride,(last 3 strides) long, flat, flat.
• Single vs. Double arm Take-off

Mapping Technique

Take-off
• Take-off foot should be pointed towards the opposite standard.
• Body should be leaning back and away from the bar at Take-off.
• Knee drive to the belly button.
• Drive Knee should come up and stay up
• Arms block at the opposite eyebrow.
• Double vs. Single Arm Action
• Focal point is above the bar.
Flight

- If the approach and take-off are correct the flight takes care of itself.
- I do not teach an arch.
- Chin on shoulder.
- Roll chin to chest.
- Squeeze the cheeks through the belly button.
- You want the hip to continue to rise while the shoulder are pressed downward.

Landing

- If everything has gone correctly through the approach, take-off and flight the landing should be the end result of a natural parabola over the bar and to the mat.
- Shoulder blades should strike the mat first, with the body rotating over the center of mass towards the back of the pit.

Approach Drills

**Curve Drills**
- 2 x High Knee on track curve. (50m)
- 2 x Long Strides on track curve. (50m) Alt. Leg Bounds
- 2 x Sprints on track curve. (50m)
- 2 x High Skips on track curve. (50m)
- 2 x Quick A Skips on track curve. (50m)
- 2 x Explosions on track curve every 15m. Penultimate
- 2 x Circle Runs on field or High Jump apron.
- 4 x 30 yard approaches.

**High Knee Curve Drill**

- Picture of a person running with bent knees.

**Long Stride Drill**

- Picture of a person running with long strides.

**Sprints on curve**

- Picture of a person running on a curve.
High Skips

Quick Skips

Explosions

Circle Runs

30 Yard Approaches

Flight Drills-Standing HJ
Flight Drills-Standing Springboard

Flight Drills on Mat-Pelvic & Drop

Flight Drills-Mat Jump & Flip

Flight Drills-Bad Flip

Jump Drills-Plant Drill
- Plant Drill
- 3 Step Walk-Thru
- 3 Step Jumps (Springboard, Box or Ramp)
- 6 Step Scissor Drill
- 6 Step Jumps (Springboard, Box or Ramp)
- Drive Phase to Out Step
- Run Through checking step
- Pop-Ups
- Full Approach Jumps

Jump Drills-3 Step Walk Through
Jump Drills-3 Step (Springboard)

Jump Drills-6 Step Jumps

6 Step Scissor Drill
- Focus on take-off position
- Knee should drive straight up and leg should be under the knee, not out.
- Foot should land shallow in the pit.

6 Step Jumps
- First Step should be the 6” out step.
- Focus on curve. Body lean is in.
- Watch the Take-off
- Key the Drive Knee.

Drive Phase to Out Step
- Standing Start-toe should come up and pass over the foot.
- Run through the first 5 strides in a straight line.
- 5th Stride should have a 6” out step to set up the hips for the curve.

Jump Phase
- Full Approach Run Throughs-Checking Step
- Full Approach Pop-ups
- Full Approach Jumps
Common Errors & Corrections

- Drag Toe.
- Jumper goes straight into the bar.
- Jump Straight up and straight down, no carry.
- Travels down the bar.
- Snaps on the bar after arch.
- Going Straight at the bar on the approach

Questions & Answers