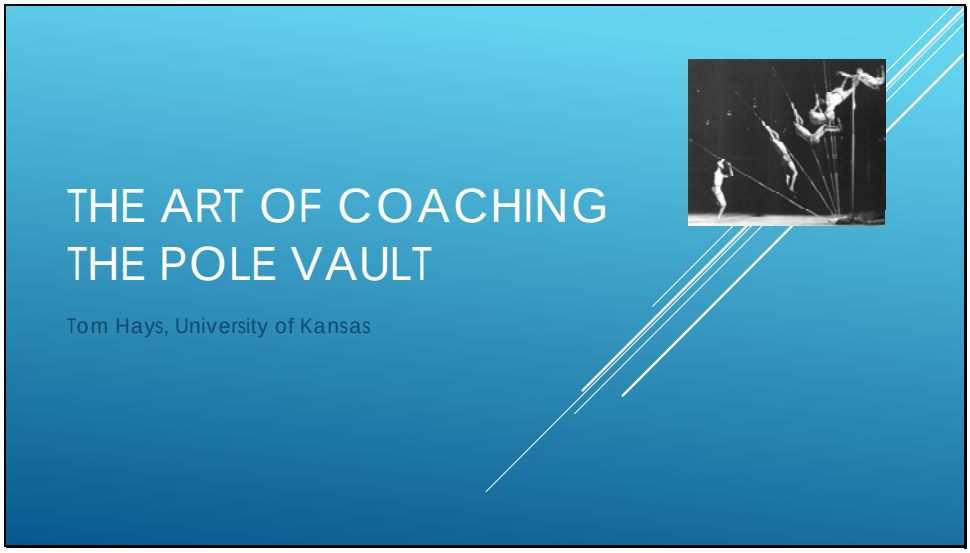
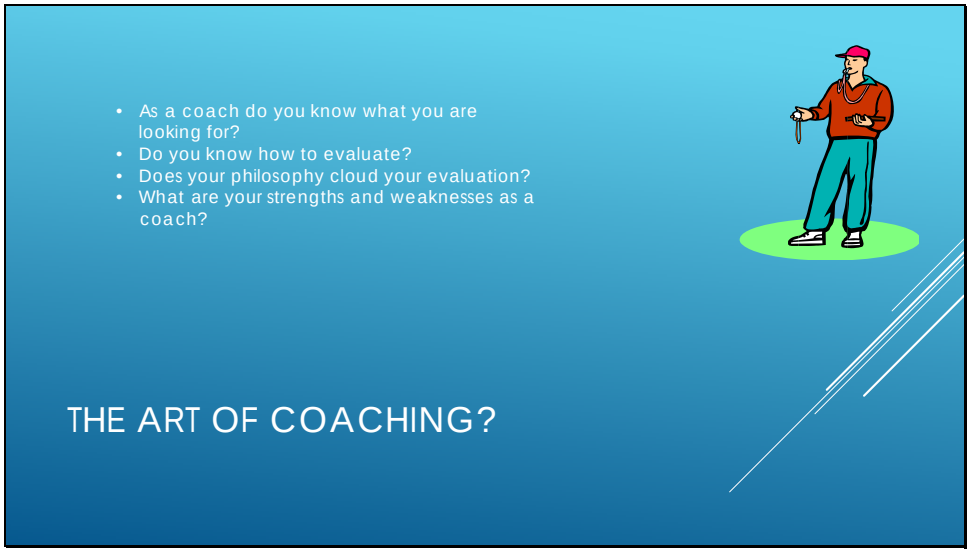
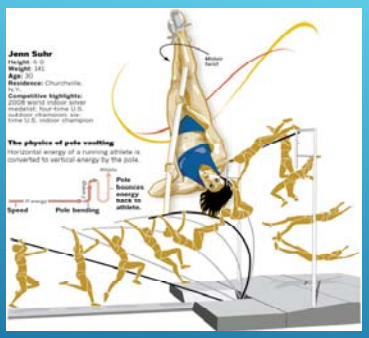
Slide 1

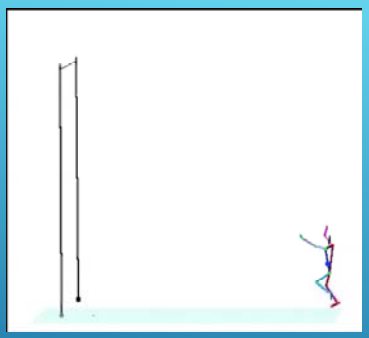

THE ART OF COACHING THE POLE VAULT
Tom Hays, University of Kansas

Slide 2


As a coach do you know what you are looking for?
Do you know how to evaluate?
Does your philosophy cloud your evaluation?
What are your strengths and weaknesses as a coach?
THE ART OF COACHING?

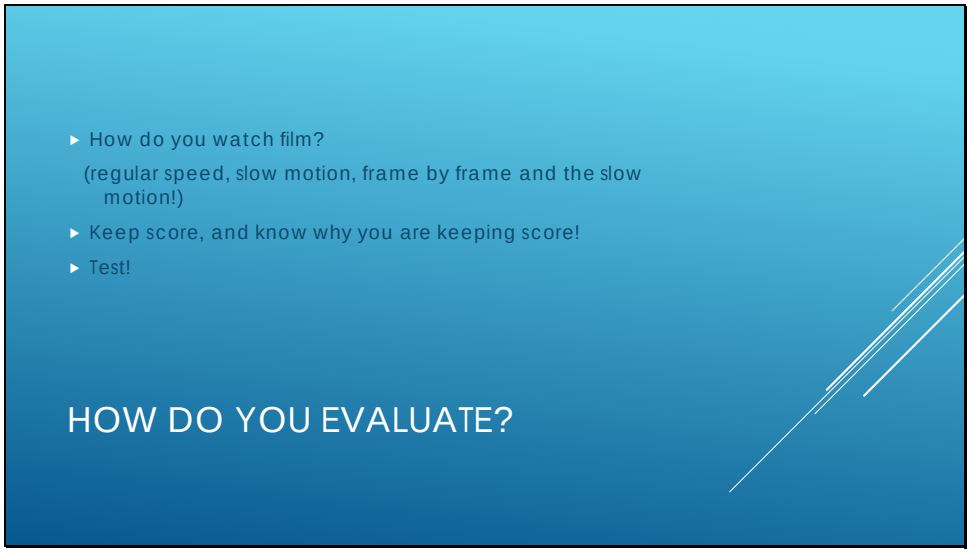
Slide 3



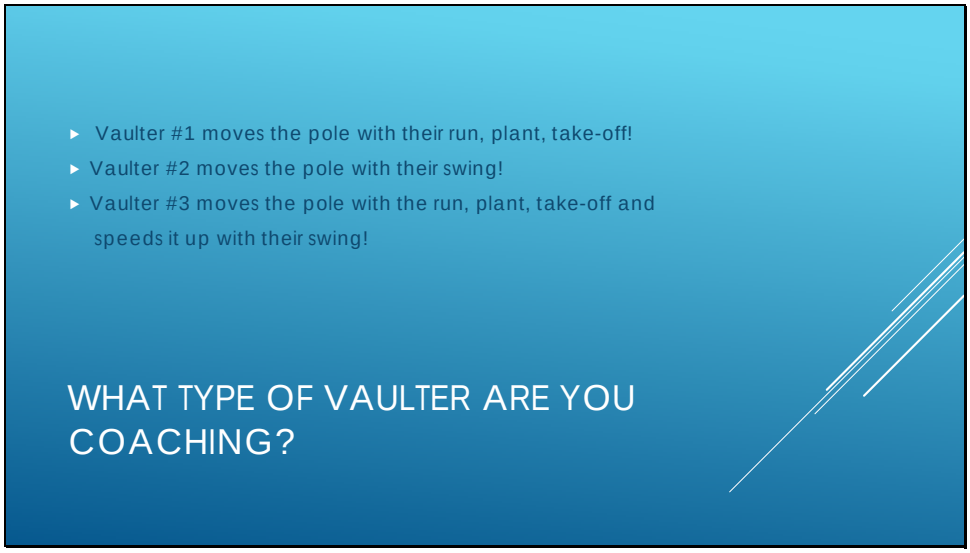


THE ART OF COACHING THE POLE VAULT!

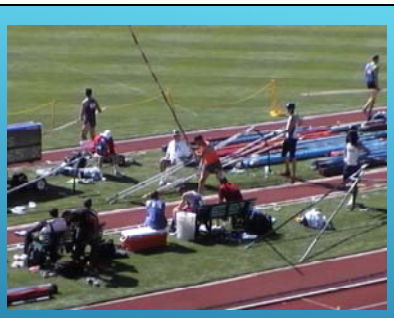
Slide 4

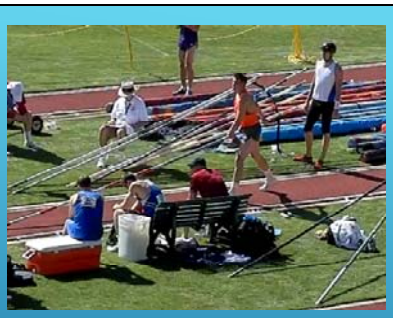

How do you watch film?
(regular speed, slow motion, frame by frame and the slow motion!)
Keep score, and know why you are keeping score!
Test!
HOW DO YOU EVALUATE?

Slide 5


Vaulter #1 moves the pole with their run, plant, take-off!
Vaulter #2 moves the pole with their swing!
Vaulter #3 moves the pole with the run, plant, take-off and speeds it up with their swing!
WHAT TYPE OF VAULTER ARE YOU COACHING?

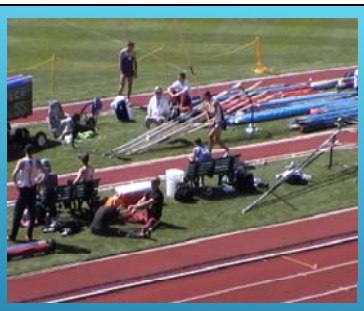
Slide 6





VAULTER #1
MOVES THE POLE WITH THEIR RUN, PLANT, TAKE-OFF!

Slide 7

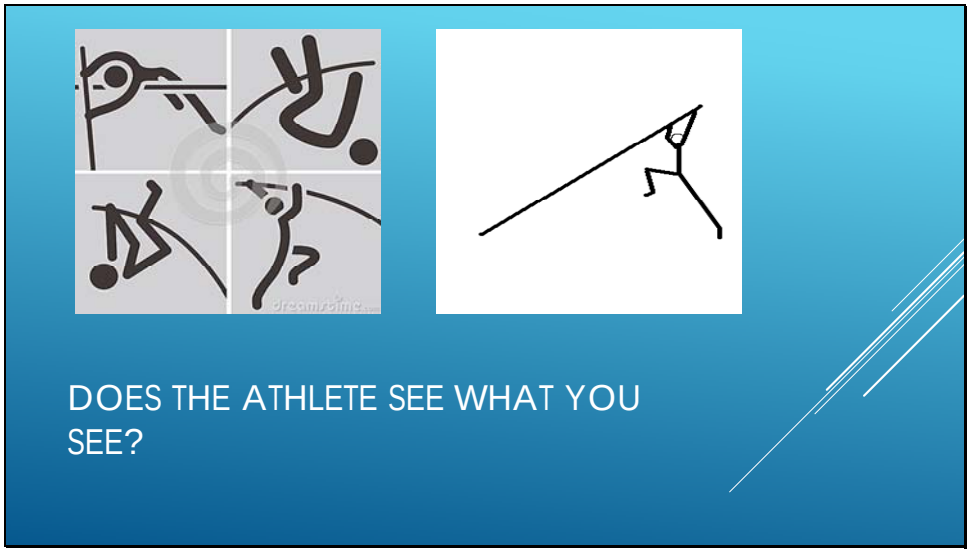


VAULTER #2
MOVES THE POLE WITH THEIR SWING!

Slide 8

VAULTER #3
MOVES THE POLE WITH THEIR RUN, PLANT, TAKE-OFF AND SPEEDS IT UP WITH THEIR SWING!

Slide 9



Slide 10

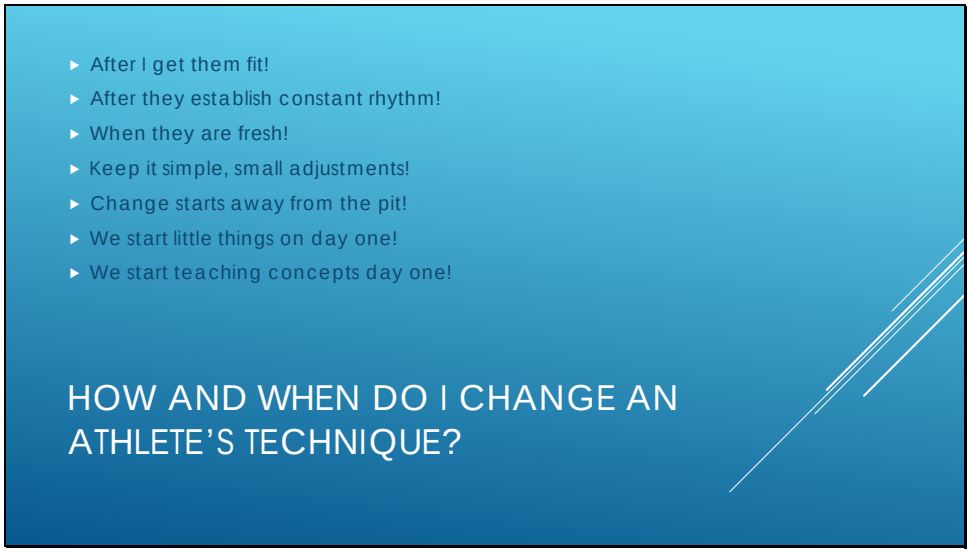
Check point #1 (right hand, right foot)

Check point #2 (arms straight as take-off foot touches down)

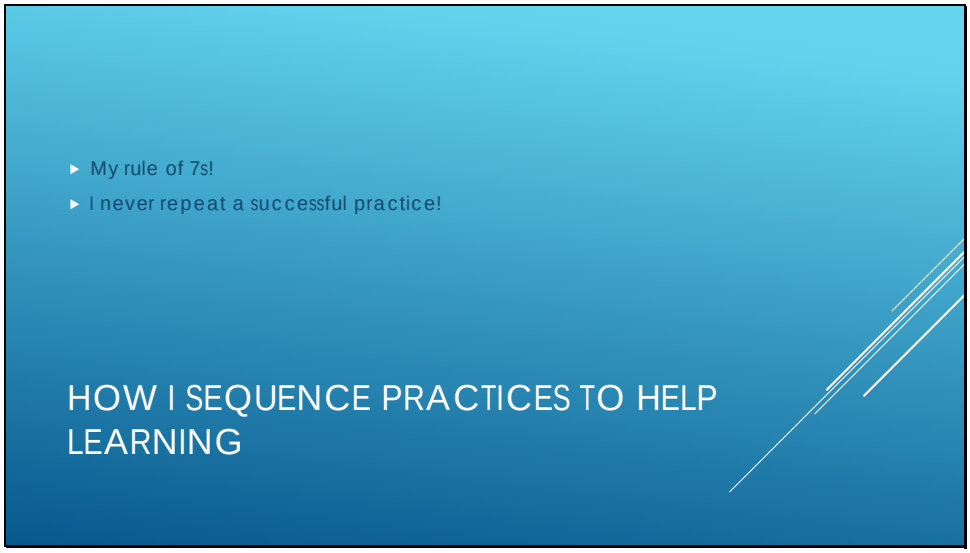
Check point #3 (lead knee forward of the take-off before pole bends)

3 CHECK POINTS TO LOOK FOR!

Slide 11


After I get them fit!
After they establish constant rhythm!
When they are fresh!
Keep it simple, small adjustments!
Change starts away from the pit!
We start little things on day one!
We start teaching concepts day one!
HOW AND WHEN DO I CHANGE AN ATHLETE'S TECHNIQUE?

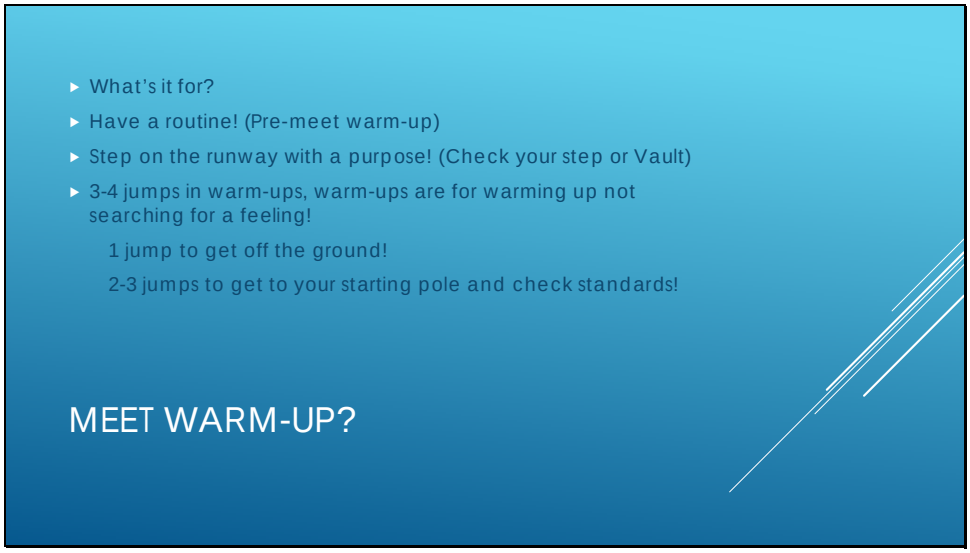
Slide 12


My rule of 7s!
I never repeat a successful practice!
HOW I SEQUENCE PRACTICES TO HELP LEARNING

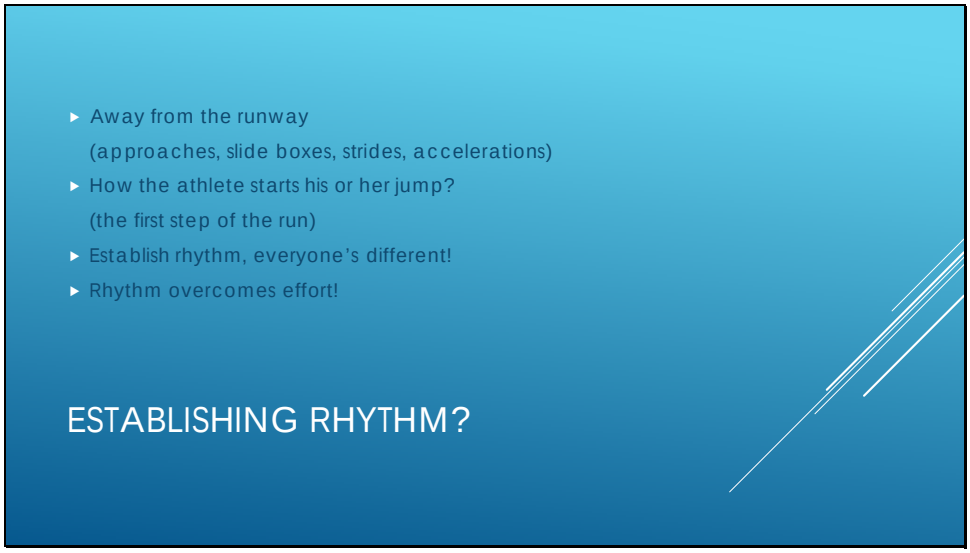
Slide 13

We always have process, goal or objective!
Early in the season our goal is to make bars!
Mid-season our goal is still to make bars, but this is the time we start trying to increase our starting height!
Championship season we start to get a little more aggressive with a very direct plan for each meet!
HOW WE MANAGE OUR MEETS

Slide 14


What's it for?
Have a routine! (Pre-meet warm-up)
Step on the runway with a purpose! (Check your step or Vault)
3-4 jumps in warm-ups, warm-ups are for warming up not searching for a feeling!
1 jump to get off the ground!
2-3 jumps to get to your starting pole and check standards!
MEET WARM-UP?

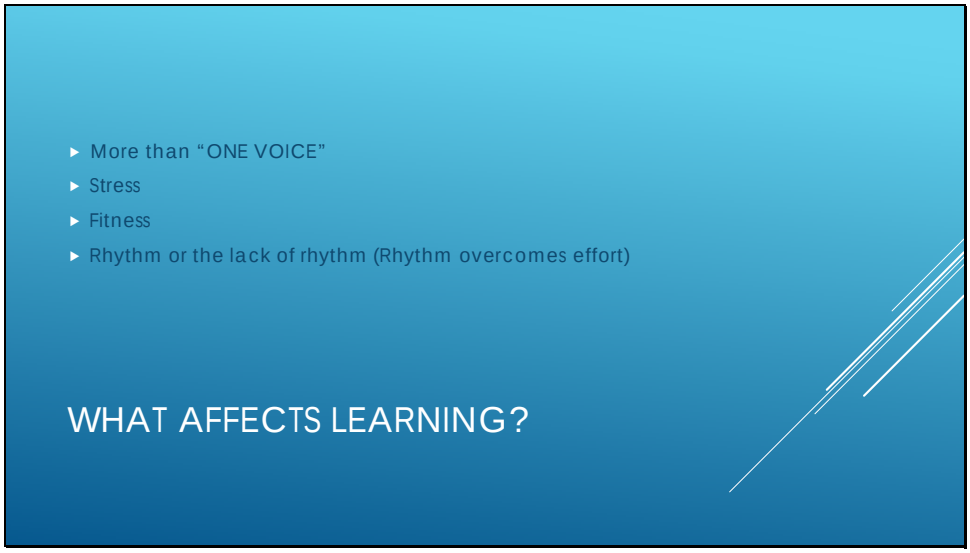
Slide 15


Away from the runway
(approaches, slide boxes, strides, accelerations)
How the athlete starts his or her jump?
(the first step of the run)
Establish rhythm, everyone's different!
Rhythm overcomes effort!
ESTABLISHING RHYTHM?

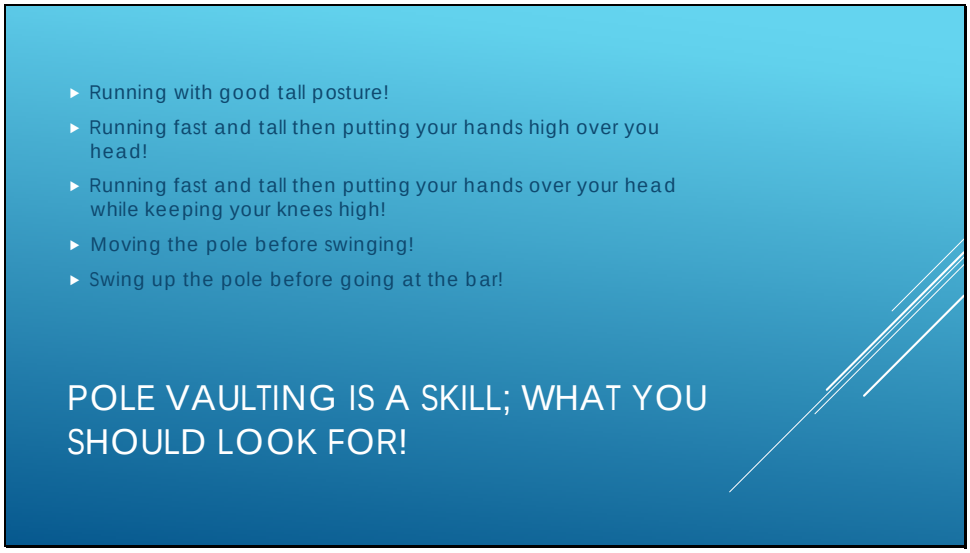
Slide 16

Use all of your senses!
Play games!
Mimic others!
COACHING ATHLETICISM

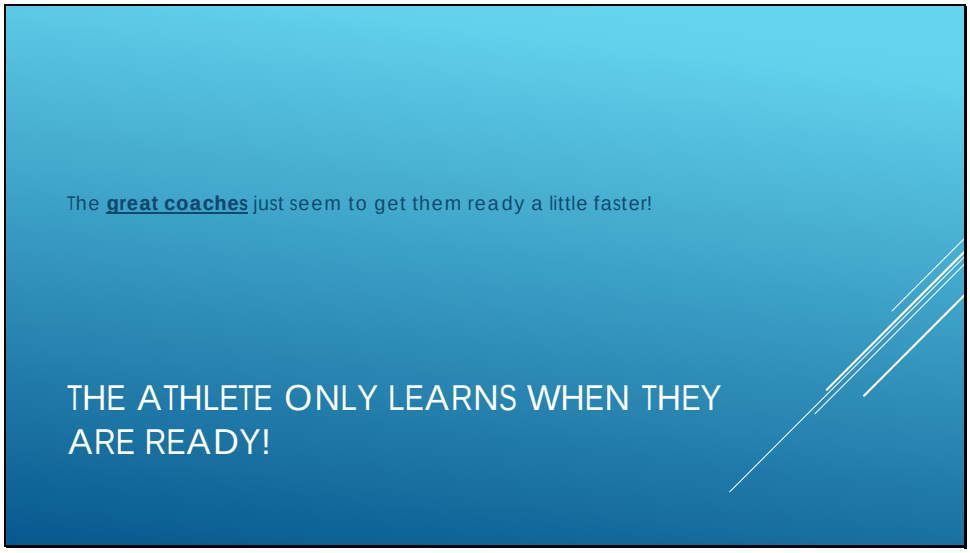
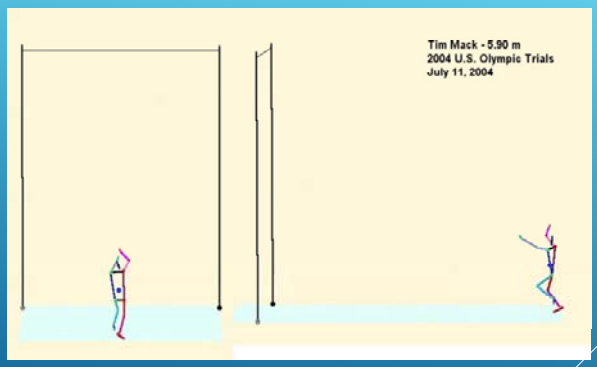
Slide 17


More than "ONE VOICE"
Stress
Fitness
Rhythm or the lack of rhythm (Rhythm overcomes effort)
WHAT AFFECTS LEARNING?

Slide 18


Running with good tall posture!
Running fast and tall then putting your hands high over you head!
Running fast and tall then putting your hands over your head while keeping your knees high!
Moving the pole before swinging!
Swing up the pole before going at the bar!
POLE VAULTING IS A SKILL; WHAT YOU SHOULD LOOK FOR!

Slide 19


The great coaches just seem to get them ready a little faster!
THE ATHLETE ONLY LEARNS WHEN THEY ARE READY!

Slide 20