

## Pole Vault: Drills for Consistency

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### Grip & Carry

Stubby Poles

-This is where it begins and continues throughout our vaulter's career.

-Step 1 of summer camp/when you begin we learn the grip (using shoulder or forearm) with a stubby pole as it is more manageable.

-Easy to use as a carry drill especially for weak kids. And, they can practice it over and over and not get tired. MENTAL REPS!

Demonstration and photo of Georgia

### Grip & Carry

Stubby Pole Continued

-They can do this while they watch TV or between jumps.

Show video of Jake and Georgia

### Rings, the rope and Slideboxes

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### Pole Alignment - Ground

0-step falling drill

### Pole Alignment - Over the tip

1st type - Pole stab - Over the tip

2nd type - Falling - Over the tip

3rd type - Jump- Touch

### Sand Progression

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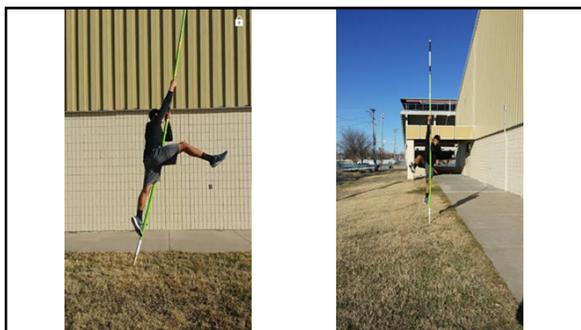
1- Zero step - Pole Alignment

2 - 1 step - Pole Alignment

3 - 3 step - over the tip

4 - 3 step - pole alignment - coaching que - "tall top arm"

5 - 3 step - jump touch - add a jump box - coaching que "spring up, jump up"



### Warm Up Progression

Typically done every day, at least 2 reps of each.

If vaulter is having a bad day short approach or long approach, they do the warm up drills and skills - Always something to work on. - Nick story junior year

Meets- typically 1 of each, with a short approach, then 2-3 long approaches. Done.

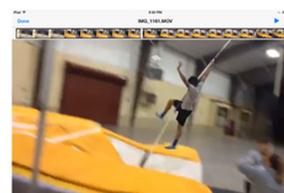
Helps with confidence of kids, increases body awareness on pole, decreases run throughs. Kids learn to become more comfortable planting the pole.

Great for wide variety of kids on the runway.

### Drills: 1 arm "alignment"

Coaching Emphasis

- Pole tip on runway
- Grip on shoulder
- Rhythm run 3 step
- Jump up tall at takeoff
- Tall top arm
- Chest comes through
- Feel the stretch in top arm
- Stay behind pole, move the pole to vertical
- Pole aligns with body



### Drills: 1 arm "alignment" swing

Coaching emphasis

- 3 step approach, same as 1 arm
- Feel the stretch
- Swing once pole rotates to vertical
- Over rotate swing
- Swing past the pole
- Pole in your pocket
- Powerful, fast trail leg
- Dorsiflex that foot



### Drills: 3 step 2 arm trail leg

Coaching emphasis

- 3 step approach with Rhythm
- Pole tip up, eye level or slightly above
- Tall, pick knees up, dorsiflex toes
- Jump up at take off
- BIG knee "Cookie"
- Flexible yet long sweeping trail leg
- Over rotate trail leg
- Eyes on hands, don't cup hands or pull



### Drills: 4 STEP "Bulldog" - BLOCK



### Bulldog drill coaching emphasis

Goal – To "Create Space" on the plant  
"Palms up" at take off, push - gym story at camp  
Utilize bottom hand shoulder  
Big knee, PUSH with both arms.  
Jump up at take off, stay behind the pole, move the pole to vertical. Keep hips back behind pole.  
Initially bottom arm will lock, over time the pole vaulter will learn to come through with chest and use shoulders more as the elbow will slightly flex to keep from loading the pole with the bottom arm.  
Use a pole that bends or gives more.  
**2 examples of how to work on this specific skill.**  
-Jump up and Hang out – "Monkey"  
-Jump up and kiss the sky – "Skywalker"

### Sprint Training - Wickets

Make them, very cheap  
4 inch, 6 inch, 8 inch - Learning Progression  
Out of the back drills  
Typically done on acceleration sprint days, relay handoff days, 2 times per week,  
2 sets 7 reps. 1st set no stubby, pure speed. 2nd set, add stubby.  
4-5 feet for girls, 5-6 feet for guys - WATCH for overstriding extension!!

### STRENGTH TRAINING

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