



Building a Vaulter:
Good to Great



hello!
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Traits of a Vault Coach
 So you think you got what it takes...



Traits of an effective vault coach

Effective coaches...	Effective coaches DON'T...
<ul style="list-style-type: none"> ✗ Communicate the complex, simply ✗ Balance determination with fun ✗ Develop technique efficiently ✗ Talk shop with other coaches ✗ Build a program through reputation, relationships, and results 	<ul style="list-style-type: none"> ✗ Burden the beginner vaulter with technical minutiae ✗ Get possessive over athletes ✗ Teach each kid the same way ✗ Underestimate the importance of equipment and inventory



Getting Athletes to Vault
 Coaching can only do so much.



Getting athletes over to vault pit

Physical attributes conducive to vault	Approaches to getting kids to try vault
<ol style="list-style-type: none"> 1. footspeed 2. power/body mass ratio 3. Aggressive/reckless mindset 4. kinesthetic awareness ---gymnasts, divers, martial arts... 	<ul style="list-style-type: none"> ✗ Summer and spring break clinics for middle school kids & non-vaulters ✗ Have current/former athletes recruit ✗ Promote all successes throughout team/building/community ✗ Build relationships with coaches of younger "feeder" schools/sports

3.

Getting Started

The first meet is WHEN?!?!

"If you can plant, you can vault."



The Novice Vault

Mindset

- x THRILL of getting airborne
- x Instill CONFIDENCE in pole, mat, and step
- x Encourage vaulter to ATTACK each rep

Technical Emphasis

- x Get the vaulter airborne as soon as possible
- x RUN: learn proper running form, maintain form while holding pole
- x PLANT: two-step plant timing, top hand high & lead knee up

Conditioning

- x Sprint Drill circuit
- x Basic jump training
- x Total-body fitness push-up regimen plank / abs stair running



Over-the-Tip

From PV Hall of Fame coach Rick Attig
The single-best introductory drill I've used



Straight-Pole Drills

From University of Kansas coach Tom Hays
Great way to connect chain of movements

4.

Putting it Together

Getting better everyday.

“Never tell them to ‘Pull’”.


The Intermediate Vault

Mindset	Emphasis	Conditioning
<ul style="list-style-type: none"> ✗ Maintain AGGRESSIVE approach to vault ✗ Foster MENTAL TOUGHNESS toward training & competition ✗ Develop RESILIENCY in dealing with plateaus and setbacks 	<ul style="list-style-type: none"> ✗ RUN: incorporate rhythm into run, develop accuracy of step ✗ PLANT: full extension from knuckles to toe, bottom-hand pressure ✗ SWING: Swing extended trail leg to top hand as hips extend & rotate 	<ul style="list-style-type: none"> ✗ More Sprinter Drills ✗ “Barefoot” stride-n-line ✗ Aerobic strength <li style="padding-left: 20px;">bleacher boot camp <li style="padding-left: 20px;">plank / ab routine <li style="padding-left: 20px;">highbar/rings drills


Sprint Drills
From PV Hall of Fame coach Rick Attig
Training the body to run A MUST.


Highbar Drills
From University of Kansas coach Tom Hays
Efficiently build strength and technique


From Good to Great
How to build a champion.

“Just vault.”



The Elite Vaulter

Mindset

- ✗ Strive for **CONSISTENCY** in drills, step, and performance
- ✗ Improve level of **FOCUS** through use of visualization & mantras
- ✗ Maintain sense of **AGGRESSIVENESS** despite increased technical knowledge and expectations (don't coach out the athlete)
- ✗ Collaborate with vaulter on **GOAL-SETTING**, balancing high expectations with realistic and attainable benchmarks
- ✗ Always find ways to keep vaulting **FUN**



The Elite Vaulter

Technique

- ✗ **APPROACH:** Consider adding steps to approach to increase force; refine and speed up pole drop so that pole falls into box over last four steps.
- ✗ **PLANT & TAKE OFF:** "Free" take off with hands in ideal position. Maximize stretch of upper body (follow-thru) and drag of trail leg to maximize timing and potential of swing
- ✗ **SWING & INVERT:** Shift from stretched to hollow core, turn around pole to transfer force from horizontal to vertical (pop at the top)



The Elite Vaulter

Conditioning

- ✗ Speed drills and "barefoot" stride-n-line (Monday & Tuesday)
- ✗ Plyometric jump training (Wednesday)
- ✗ General fitness and recovery regimen
 - Yoga--Mountain, Down Dog, Cobra, Mountain, Triangle (Thursday and weekends)
 - Plank / abs (most everyday)
- ✗ Highbar / rings drills
- ✗ Weightlifting (offseason - fall/winter)



The Elite Vaulter

Other considerations with elite vaulters

- ✗ The best vaulters vault outside of season
 - Numerous camp opportunities in the area
 - Sharing vaulters can be symbiotic
- ✗ Recruiting of athletes can have its pros and cons
 - Often results in target heights, for better or worse
 - Important to keep open conversation with parents about expectations for athlete and recruitment process



Review of Mental & Physical Stages

NOVICE	INTERMEDIATE	ADVANCED
<p>Mindset Capitalize on initial THRILL of getting airborne; instill CONFIDENCE in pole, mat, and step; encourage vaulter to ATTACK each rep</p> <p>Conditioning Sprint drill circuit, basic jump training, total-body fitness (push-up regimen, plank / abs, stair running)</p>	<p>Mindset Maintain AGGRESSIVE approach to vault, foster MENTAL TOUGHNESS toward training & competition, develop RESILIENCY in dealing with plateaus and setbacks</p> <p>Conditioning More sprinter drills, "barefoot" stride-n-line, aerobic strength (bleacher boot camp, plank / ab routine, highbar/rings drills)</p>	<p>Mindset Strive for CONSISTENCY, improve level of FOCUS, maintain sense of AGGRESSIVENESS, collaborate on GOAL-SETTING, find ways to keep vaulting FUN</p> <p>Conditioning More sprinter drills, "barefoot" stride-n-line, plyometric jump training, yoga, plank/ab routine, highbar/rings drills, weight-lifting</p>



Review of Technical Stages

NOVICE	INTERMEDIATE	ADVANCED
<p>Approach Learn proper running form, maintain form while holding pole</p> <p>Plant & Take-off Two-step plant timing, reach high with top hand, lead knee up</p>	<p>Approach Incorporate building rhythm to run, develop accuracy of step</p> <p>Plant & Take-off Full extension from knuckles to toe, appropriate bottom hand pressure</p> <p>Swing & Invert Swing extended trail leg to top hand as hips extend and rotate to pole</p>	<p>Approach Refine and speed-up pole drop so that pole tip falls into plant box</p> <p>Plant & Take-off Maximize stretch of upper body and drag of trail leg to set up swing</p> <p>Swing & Invert Stretched to hollow core, avoid pole on turn to transfer force to vertical</p>



thanks!

Any questions?

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