

Teaching the Pole Vault

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1. Build a Base

Things to do

Running- Modified versions of sprint workouts.
Lifting- Olympic Lifts, Core Strength.
Gymnastics- Teach how to swing.

What to Watch

Mechanics. Relaxed. Knee, heel, toe up.
Correct technique! Posture.
Long back leg. Split. Right hand pressure.

2. Developing an Approach

Things to do

Blind 8-16step approach. Correct foot forward.
Use chalk-mark to mark take off.
Gradual acceleration. 6.5.4.3.2.1. or step 1 step 2 step 3.etc.
10-step to tape box or slide box.
Run approaches without jumping.
More approaches !

What to Watch

Rhythm. Control the back. Pole Carry.
Create mid mark. Usually around 35-40 ft.
Timing of plant. Left hand fulcrum.
Max controllable speed, Hips tall, Rhythm.
Posture and position at take-off.

3. Pole Vault Drills.

Things to do

8-10 step straight line rhythm approaches.
Wall Plants/ Box Plants.
Walking 3 step.
Stiff pole hand on top hand.
Pole connect drill.
1.2.3 drops on grass.
Pole Runs.
Still pole turn drill.
Take off drills.

What to Watch

Rhythm/Tempo, posture, timing of plant.
Position of hands. Press through left hand.
Left hand fulcrum. Pole parallel.
Left leg long. Free take off.
Move pole. Toes pulled back. Left elbow in
Timing of free take-off. Top hand high.
Posture. Position of Left elbow.
Pressure of top hand all the way through.
Big hands. Head and chest up into take off.

3. Bringing it all Together

- A. Athlete must be in good physical condition. It's important to strengthen ligaments, tendons, and muscles so the athlete can endure the whole season. Core strength is essential.
- B. Teach athlete how to run effectively with pole. Posture and position of body.
- C. Teach athlete how to run the rhythm of approach. Timing of plant is everything.
- D. Master the timing of the plant. Left hand fulcrum. Top hand high. Free take-off.
- E. Develop a consistent take-off. Placement and movement of body. Move the pole.
- F. Teach the athlete to delay the trail leg and "load the pole".
- G. Teach athlete to swing through the left leg and "connect" the left foot and right hand.
- H. Try and avoid "tuck" position. Watch hips and make sure they continue to move.
- I. Take numerous full jumps from a short 8 step approach. Then move back to 10-12-etc. 13' rule.
- J. As a coach remember to put emphasis on what the athlete does correctly and progressively eliminate weaknesses. Remember a good consistent approach and take-off will fix 90% of any problems.
- K. Ultimately the goal is to hold high. Run fast. And carry a big stick.