THINGS TO THINK ABOUT
POLE VAULT 101

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Thoughts for the Day (goal: getting you to think)

- Physic of the Vault (*Kiss method*)
- Vault Styles and what is good technique (*Sir Isaac Newton*)
- Learn on the Horizontal (*using the pole’s full rotation*)
- Activities/Drills/Techniques
- Training/Technique (*how they work together*)
- What do you see…what the good ones do
- What good coaches do
Goal (make the bar)!

- Move the pole to vertical
- What does your vaulter think?
- Activity #1
3 Styles or Categories of Vaulters

1. The Vaulter that moves the pole with his/her run and take-off.
2. The Vaulter that moves the pole with his/her swing.
3. The Vaulter that moves the pole with his/her run and take-off then speeds the pole up with his/her swing.
Learning how to vault with the full rotation of the pole!

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Activities, Techniques & Drills

- Goal (MAKE THE BAR) move the pole!
- What to look for at take-off...what is a free take-off?
- Understanding how to load the Body, and when the vaulter really passes the pole!
- Carry, Run, Plant, Take-off and Swing
- What the good ones do!
- What good coaches do!
- Vault drills!
What to look for at take-off!
What I’m looking for at take-off...role of the front arm

- Getting BIG at take-off...becoming one lever!
- Front arm should match lever line!
- When do you pass the pole?
Activity #2

- Run – Slow to Fast, upright and tall, heel recovery over the opposite knee
- Take-off – where should it be?
- Swing – How and When!
Fundamental Vault Progressions

- 0 step drill
- 1 step drill
- 2 step drill
- Sand progression
- Connection Drill
0 Step Drill

- Vault for distance
- Use a platform
- ½ Turn
- Right hand, Right hip
Activity #3

- Starting Position – hand at forehead with take-off thigh in high knee position
- Start movement with hands, then step up into the take-off
Starting Position pole is flat, held at the waist...with take-off foot forward

Start movement with both lead leg (foot) and top hand starting to move together

Check points Forehead/Right foot

From this point the drill becomes a 1 Step Drill
Sand Progression

- Front arm pole rotations
- Walk bys
- Jog bys
- Run bys
- Hang on

(Basic concept is feeling the pole move or rotate)
Connection Drill

- Tall plant with the pole moving first
- Travel upright until the pole passes vertical
- Start swing with the lower body (legs first)
- Swing the legs up to meet the pole just before the athlete lands in the pit
What a good vaulter does!

- Match grip height with runway speed and take-off ability!
- A good vault will look as each part blends to the next!
- A good vaulter lands in the middle of the pit!!!
- If you land short check your grip (is it too high? did you slow down?)
- If the you land too deep check your grip (is it too low? Do you need a bigger pole?)
Continued: what a good vaulter does!

- Understands top hand pressure!
What do you see?
What good coaches do!

- Match the athlete up with the right grip and pole!
- Understand that the athlete only learns when the athlete is ready!
  (the good coach just does it a little faster)
- Maximizes repetitions!
- Understands how training affects learning!
Training

- Athlete adapts to stress somewhere around 21 days
- How coaches sequence practices
- How coaches sequence days
- Change activity after a great day
- Make lots of bars in the early season
Basic Vault Drills

Approach Carry
Questions