

THINGS TO THINK ABOUT POLE VAULT 101

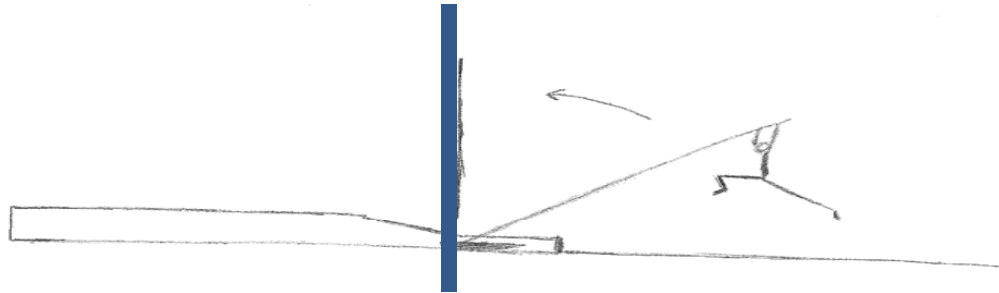
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Thoughts for the Day

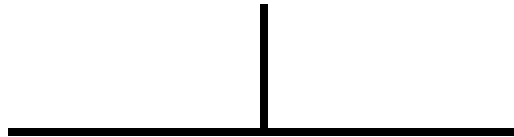
(goal: getting you to think)

- ▣ 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

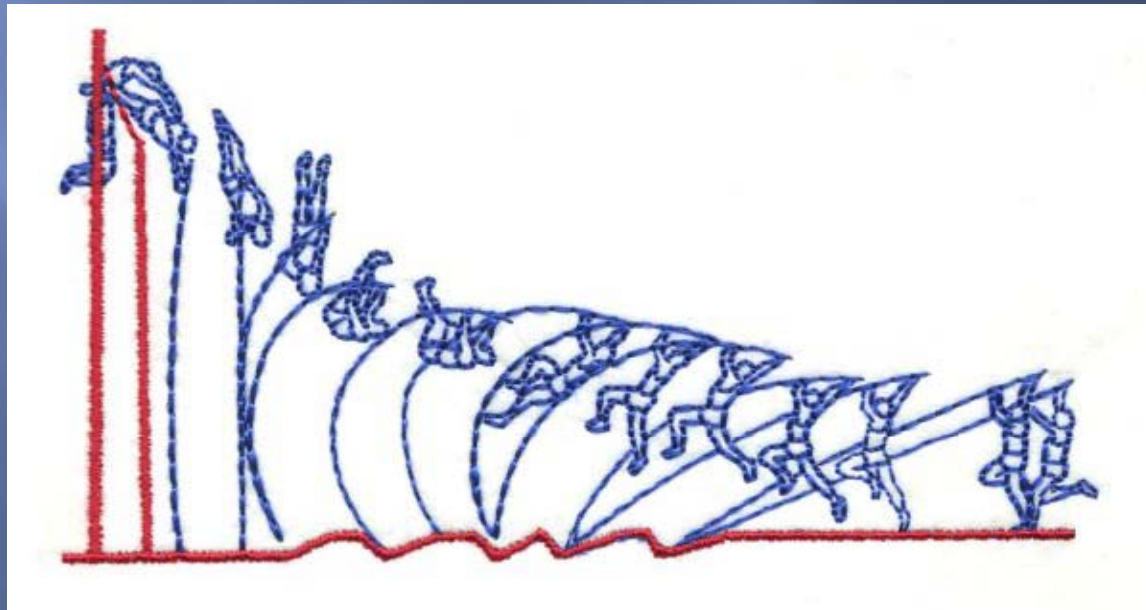


What good technique is...Sir Isaac Newton

Moving in the correct firing order!

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!



Clip 12-1-2009 (71)



Activities, Techniques & Drills

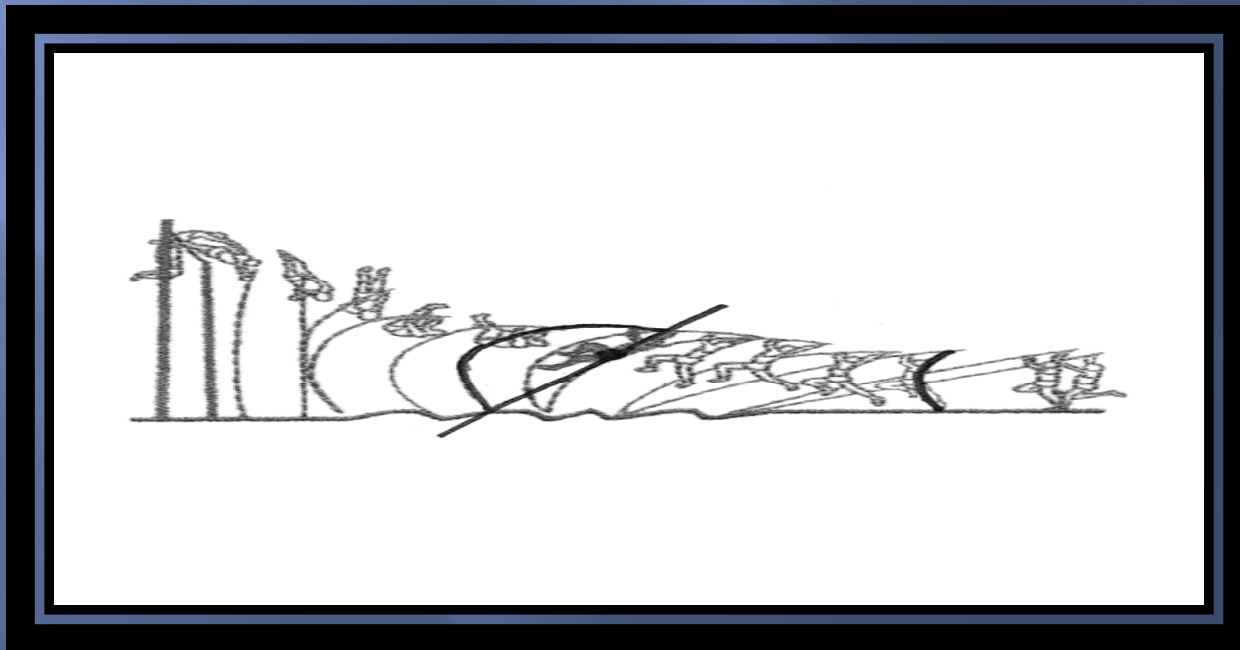
- ▣ Goal (MAKE THE BAR) move the pole!
- ▣ What to look for at take-off...what is a free take-off ?
- ▣ Understanding how to load the Body, and when the vaulter really passes the pole!
- ▣ Carry, Run, Plant, Take-off and Swing
- ▣ What the good ones do!
- ▣ What good coaches do!
- ▣ Vault drills!

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?



The Basics: what to look for?



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
- ▣ $\frac{1}{2}$ Turn
- ▣ Right hand, Right hip



1 Step Drill

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

2 Step Drill



- ▣ 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



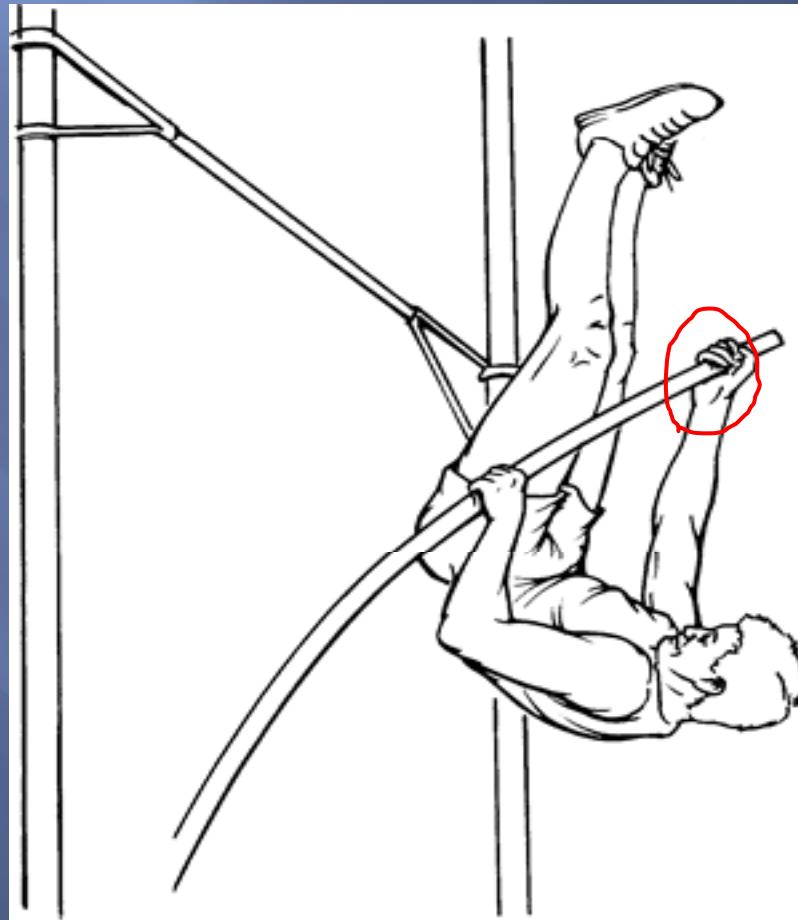
- ▣ Tall plant with the pole moving first
- ▣ Travel upright until the pole passes vertical
- ▣ Start swing with the lower body (legs first)
- ▣ Swing the legs up to meet the pole just before the athlete lands in the pit

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

