“I Don’t Know Nothing, But I Tell You Something”

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GRAND VALLEY STATE TRACK & FIELD
4 Kinds of Coaches

- Former Vaulter
- Decathlete
- HJ/LJ/Throws Coach
- Guru

Know Your Ability as a Coach

- Recruit to your ability or have a plan on how to coach your new recruits
Recruiting Vaulters

- On Paper.
- Top 3 Questions to Ask.
- How well coached are they?
- Vault over their handgrip.
- Step
- Plant
- Pole Bend
- Recoil position
- Landing
#1 Rule is Rotating the pole!

- What is a good vault?

Learning to do what you want to.

- Teach Brain what to do.
- Brain tell body what to do.
- Practice this Process.
Teaching Progressions

- Pole Rotation
  - Rotating without swinging
  - Drill progression
  - Top Hand emphasis

- Swing
  - Start with the end
  - Drill Progression
  - Drill Great, Vault Good
Vault practices are like sprint practices.
- Have a season progression.
- Be creative with practices. (Smoke & Mirrors)

#1 rule is have a jump count.
- Number of Jumps depending on date
- 20 vaults to 5-7 vaults

Air- 20%, Bungee- 70%, Bar-10%

Different workouts for different days
Have a plan for practice.

- On air, high bungee, low bungee, with a bar, bar at opening height, meet simulation.
- Everyone may or may not be on the same plan.

Different approaches for different things

- 3/4 Lefts = Teaching, high reps, tired legs, bad weather, easy vaulting day, early season
- 5/6 Lefts = Medium Poles and approach, tired legs, bad weather, easy vaulting early competition
- 7/8 Lefts = Big poles, vaulting high, championships season (3-5 weeks), great days a practice, tailwind and sunny.

I think vaulters should have two approaches

- Short = Rainy, crappy weather, tired legs, in between meets.
- Long = Good weather, invitationals, championships, great practice days
Non Jump Practices

- Running Workouts
  - Work-in approach with running workouts.

- Aqua Jogging, X-Train

Pool Workouts
- Body position, Working the top of the vault

Gymnastics Workouts
  1) Body awareness
  2) Simulate vault
  - Walking on hands, back tucks, tramp turns,
  - High bar, hand stands
  - High Bar: kip, giants, cast to hand stand
  - Rope: 1’s, 1 to 2.5, 3’s
  - Rings: Trail leg and swing speed
Two ways to think about exercises:

1) Need the strengthen parts so you can work multi join exercises.

2) Strengthen the whole body at the same time.
   - Injury prevention.

Core: Abs and back exercises.

- Work them into your year long training.
- Olympic Lifts, 1st exercise of the day.
• Have a plan.
• Make a calendar.
• Make sure you see the big picture.
• Know when you want to jump high.
• Stick to the plan and don’t get greedy.

"#1 way to get better, is jumping more often.”
**Hand Grip vs. Technique**
- Grab a 15′6″ pole and get rejected for 3 months and then clear 16′ with the standards at 45cm.
- Have a low hand grip and vault over your hand hold on poles 25lbs over your weight.

**Meet Warm-ups**
- Know how much time you have and how many vaulters.
- More is not better.

**When to Raise Hand Grip**
- Move up the poles 1-2 inches at a time. *Respect*
- 20-25lbs over weight with good take off position.
- Keep same grip when moving to a longer pole.
- First time planting a pole is very important to a vaulter.

**To Tap or Not Tap**
- No taps allowed in practice.
- If I want to see something, I may tap them to make sure I see what I want to.
- If a kid asks for a tap, I see that as an issue.
Last/Best Piece of Advice

- Speak the same language when coaching.
- Define terms and issues and get them to understand what you want.
- Don’t just tell them what they did wrong, tell them the drill that fixes it.
- Learn to draw and use stick figures.
- Be able to know when a kid has no clue what you are talking about.
  - 1st year- No talking, just listening and doing
  - 2nd year- They can say something, but I don’t listen to them.
  - 3rd year- We talk back and forth to better understand.
  - 4th year- It’s two coach talk to each other after a vault.

- If I did my job right, they know everything I know about the vault.
“To be successful, it’s not WHAT you do, it’s HOW you do it”

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