Approaching The High Jumper

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Word Association Game

The High Jump EVENT

- One Event
- Slower Speeds
- Mental Approach
- Curve
- Takeoff
- Vertical Jump
- The Bar
The High Jump COMPETITION

- One-Event Athletes
- Slowest Event
- High Anxiety
- Run-roll-skip-trot-sprint
- Aggressive Curves
- Aggressive takeoffs
- High Vertical Leapers
- The bar is the barrier
The HIGH JUMPER

- One-event athlete
- Speed = Goal / Nemesis
- Head Case
- 8-12 very unique steps
- THE CURVE!!!
- Thinking Vertical
- Swing – Drive – Hinge
- Perception is the Barrier
One-Event Athlete Mentality

Biggest misconception in the event
- The event utilizes all laws of physics, so should you

Think combined event athlete
- DO NOT limit or underestimate athletic development
- Multi-sport prospects become average 1 event athletes

Leave no bio motor ability unaccounted for
- Speed – Strength – Flexibility – Coordination – *Endurance

They may compete in one-event, but train them “all”
- Combined event training = Athletic Medicine
Highest Jumpers – Typically have the fastest approach
   The laws of physics and elite jumpers prove this fact
   What are the limitations and determining factors of speed?

Faster Approach – DOES NOT mean higher jumps
   Max speed, approach efficiency, curve running ability, radius
   Use caution increasing velocity before addressing technique

Decreasing deceleration > Increasing speed
   It is better to emphasize not slowing down
   The last 4-6 steps is NOT the time to accelerate
Head Case

Approach the high jumper by addressing the event and competition demands. Apply the rules to training.

- No Bungees
- 3 Misses at any bar and jump session is over
- Competition based technical training
- 1st attempt competitions
- No-coaching practice competitions
- Flat platform box jumps. Not just ramps
- Exaggerated time between attempts

COMPETE, COMPETE, COMPETE!!
8-12 very unique steps

There is NO single model for the “best” approach

A cookie cutter approach to a perfect model is fiction

The RIGHT approach is effective to those who handle it best

**Crouch Start**- Feet & body set in a static position

**Rollover Start**- Back-to-Front / Heel-to-toe pattern to assist in overcoming inertia.

**Moving/Shuffle Start**- Forward movements to initiate acceleration.
THE CURVE!!!

- The most critical aspect of the high jump
- In width and length depending on multiple variables
- Goal is to set up the ideal body angle at plant
- Will often determine vertical angles and rotation

Create Circle  Jump #1  Jump #2
Variations of Curve Running
Different Curves

**5-5 Traditional Curve (12-16ft M&W)**
- Initiate curve on outside leg (5\textsuperscript{th} step)
- Can generally maintain higher velocities with less deceleration

**6-4 Curve (10-12ft M) (9-11ft W)**
- 5\textsuperscript{th} step still initiates curve by changing the angle of the body
- 6\textsuperscript{th} & 7\textsuperscript{th} step actually begin the curve and shift COM.
- Forces the jumper to initiate curve with body instead of feet
- Eliminates potential of cutting at the bar
- Makes attempt at jumping from a true radius (circle)

*In-Out / 6-4 Curve (Start 8-10ft, but run to 10-12ft)*
- All the attributes as 4-step Curve with risks of deceleration
- Works as a “manual” forcing of the inward lean in the curve
5-5 Approach
6-4 Approach

Example #1 ➔ Example #2
*In-Out / 6-4 Approach
Swing – Drive – HINGE

Hinge moment is the most critical component
- Everything else slows the hinge and effects jumps
- The center of mass (COM) = Hypothetical tennis ball
Thinking Vertical

Not your typical vertical jump

Goal is to stabilize on the long axis of the body through take off by limiting bending or breaking at the joints

Multi-jump training should emphasize the long axis

- Maintaining postural integrity
- “Playing the Angles” - It’s your position, not your power
- Absolute Strength - The forces the body will be able to handle
- Reactive Strength - The forces your body can give back
- Power - How quickly you can call on the forces
- General Strength - Making sure all of the forces work together
Thinking Vertical Drills

Drill 1

Drill 2

Drill 3

Drill 4
Perception is the Barrier

When things are right, the mind often says it is wrong

- Increased Body Angles = Mind thinks you’re too far
- Increase takeoff distance = Mind says jump towards the bar
- Body wants to rotate = Mind says slow the rotation
- Approach is too slow = Mind says accelerate curve
- Approach is too fast = Mind says decelerate the curve
- The bar gets higher = Mind says jump higher

Approach the high jumper understanding the various battles
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Circle Jumps #2