## APPROACHES

### POLE DRILLS

- **Cognitive/Personality**
  - Health and safety a given
- **Fitness**
  - P.R.: __________
  - Personal Best
- **Personal Information**
  - Age/Grade
  - Height
  - Weight
  - Body Composition
  - Height Goal
  - Competition Goal
  - Athleticism
  - Lifestyle
  - Answer or Rank:

### Fitness (health and safety a given)

- **SPEED**
  - MPS: 40/60/100 times
- **CORE - RELATIVE STRENGTH**
  - Body/shoulder/pull/pull-ups/rope
- **KINESTHETIC AWARENESS**
  - Bar/Steering
- **POSTURE BALANCE**
  - Hand stable/walking/Takeoff
- **TAKEOFF DYNAMICS**
  - Long jump/hurdles/high jump
- **PULLOVER**
  - Gymnastic Dynamics
- **POWER**
  - Clean
  - Jump Count (endurance)

### Cognitive/Personality

- **EXPECTATIONS**
  - Culture ratings?
- **STUBBORNNESS**
  - Determined/Persistent/Disciplined
- **ORGANIZED**
  - Mellievous (Approach/Standards etc...)
- **AGGRESSIVE**
  - Trusting/confident
- **TECHNICAL CONCEPT**
- **MENTAL IMAGE**
  - Internal/external perspective
- **MOTIVATION FOCUS**
  - The lemon and the squirrel

## Answer or Rank:

### TECHNICAL BOTTOM

- **Horizontal**
  - **POLE CARRY**
    - "Cocked Wrist"
    - Shoulder with amplitude?
    - High carry alert
    - 4 left pole drop
  - **SPRINT MECHANICS**
    - Heel up
    - Knee up
    - Drive to quick
  - **PLANT**
    - Efficiently putting the pole in the box
    - 3 steps
    - Start-Head-Reach
    - Hands under pole
    - Hips over feet
    - Shorter last step
    - More direct pole?
  - **TAKEOFF "POSTURE"**
    - Top hand slightly extended above and over takeoff feel
    - Hands up - knee up
    - Shorter last step
    - More direct pole?
  - **C-TAP**
    - Elastic followed through of a good postural takeoff
    - Make sure feet do not slide underneath
  - **STEERING**
    - Defines the Walter
    - Start steering at "ideal" takeoff
    - Followthrough position
    - Fully PD the P
  - **CONNECTIVITY**
    - The transition from horizontal to vertical and the associated kinesthetic senses
    - Long short lever
    - Hands working
    - Legs swinging
    - Rhythmic

### Answer or Rank:

### GRIP

- **Pole Carry Sprint mechanics Steering (speed)**

## Drills and Technical Cues:

### TECHNICAL TOP

- **Vertical**
  - **SWING to HANDS**
    - Long arms
    - Hands moving
    - Legs swinging
    - Hollow-out against the shoulders
  - **TUCK-PIKE**
    - Speed up rotation
    - Split the top hip
    - Heels back
  - **LINE UP BALANCE**
    - Left forearm braced against the pole
  - **EXTEND & TURN**
    - Top-Tap
    - Right over left
  - **PD the P**
    - Pressure down the pole
  - **RSP**
    - Fully PD the P
  - **HOLLOW-OUT CLEARANCE**
    - Good rotation over the bar

### Answer or Rank:

### PUSH-OFF

- **RSP**
  - Balance
  - Pressure

## Drills and Technical Cues:

### APPROACH/PLANT DRILLS

- **SPRINT DRILLS**
  - March
  - Slowheels up
  - Compact quick
  - Slow to quick
- **BASKETS**
  - 6 full approach
  - 2 short approach
  - 113(left) quick 4-5
  - Lane sticks
- **POLE RUNS**
  - Bar-left left general
  - 3 left
- **PLOFF SERIES**
  - Peak high
  - 2 step
  - 3 step
  - 4 step
  - 5 step
- **SLIDING BOX**
  - 2 step
  - 3 step
  - 4 step
  - 5 step
  - Full
- **GALLOPS**
  - Single
  - Double
  - TUBS
  - Single
  - Double
  - Any point
  - STEERING
  - 20 to 20
- **TAP APPROACHES**
  - Extra grip light approach takeoffs

### GYMNASTICS DRILLS

- **BUBKAS**
  - Super
  - Super-dupers
- **SHOULDER PULLS**
  - Straight
  - Cheater
  - Split
- **RING SWINGS**
  - Back swinging
  - Forward swinging
  - Split top bottom & top
- **PULLOVERS**
  - Regular
  - Tapped
  - Clear hips
  - Ralf's
  - Giants
  - Kips
  - Swings
  - Giants
  - Rope
  - Climb
  - Upside down
  - Swings
  - Ropes
- **HIGH BAR**
  - Swings
  - Giants
- **ROPE**
  - Double
  - High jumps
- **HAND STANDS**
  - Walking
  - 7 sec stand pushups
  - Parallel bar extensions
  - Trampoline
  - Tempo vaults

### POLE DRILLS

- **TRAINING POLE**
- **SHORT APPROACHES**
  - 4-7 lefts
- **ASSISTED SUICIDES**
  - 2-4 steps
- **STRAIGHT POLE**
  - Swing-ups
  - Swing to hand
- **RESISTERS**
  - Strength
  - Bend "Toppers"
  - Swing to hand
- **SWING TO HAND**
  - Vaulting with a real bar
- **TAP APPROACHES**

## APPROACHES

- 2 lefts-distance
- 3 lefts-distance
- 4 lefts-distance
- 5 lefts-distance
- 6 lefts-distance
- 7 lefts-distance
- 8 lefts-distance

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