Scott Steffan

“If you do things right on the runway, good things will happen in the air”

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OBJECTIVES OF THE APPROACH

• Create Energy on the runway
• Rhythmic approach...Like everything we do in track in field
• Create energy through take off
• Progress from power to speed
• Acquiring max velocity at takeoff for a successful vault
Goal: Vaulters who can create “good horsepower”
Do they have the tools to do so?
Capable of creating energy down the runway
“Speed is undoubtedly the #1 factor to determine potential. It must not surpass what the vaulter can control.”
OVERVIEW OF THE APPROACH

• Managing energy on the runway
• Velocity through the takeoff
• Get feet on the runway
• The plant step
• Reaching to get there
• Learn to trust your run; You can’t force it
ELEMENTS OF THE RUN

• Full Approach (that is all we run from)
• Rhythm
• Posture
• Front-Side Mechanics
• Pole carry
• Learn how to drop pole, without losing speed
CHECK MARK SYSTEM

• Mid Mark: 4 lefts out
  • Women: 48-49
    • Second to last left is 23-25
  • Men: 52-55
    • Second to last left is 25-27

• We tend to worry about where our foot is at takeoff versus accelerating through the takeoff to set the jump up; results in:
  • Help us move the pole to vertical
  • Complete a successful and safe jump
  • Help carry speed into takeoff and run naturally
START OF APPROACH

• Skip or walk into vs. rocker step
• Same routine each time
• Slide box
• “The Golf Ball Rule”
CONTROLLING THE POLE

The Grip

• Grip height
• Don’t not be afraid to lower your grip

The Role of Drills

• Every running drill we do is to develop the full run approach
• Everything we do needs to be purposeful
• If they coast through I make them do it again

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• Run natural
• Challenge your athletes
• Make changes, don't let them do it wrong
• Carry the pole on your skeleton
• Like a Golf Swing => accelerate through the ball
COACHING THE MENTAL SIDE

- BE POSITIVE!
  - Don’t let doubt get in the vaulters head
  - E.g. Olympic Trials 2016: Pass or “Go For It”

- Coach and athlete MUST have a good relationship-TRUST

- Coach must instill confidence in the athlete and their approach

- Athlete must trust the process that coach gives them

- You must explain why you do things
  - Specifically explain corrections; how to fix things
THINGS WE WORK ON

• Practice running fast (with and without the pole)
• Slide box
• Running over baby hurdles (or wickets)
• Emphasize acceleration over the full run
• Sprint mechanics: POSTURE!
• Master the Skill: Focus on “Perfect” Reps vs. MORE Reps
• Do everything the same each time
THANK YOU

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