



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

lou andreadis



GRAND VALLEY
STATE
TRACK & FIELD™



4 Kinds of Coaches

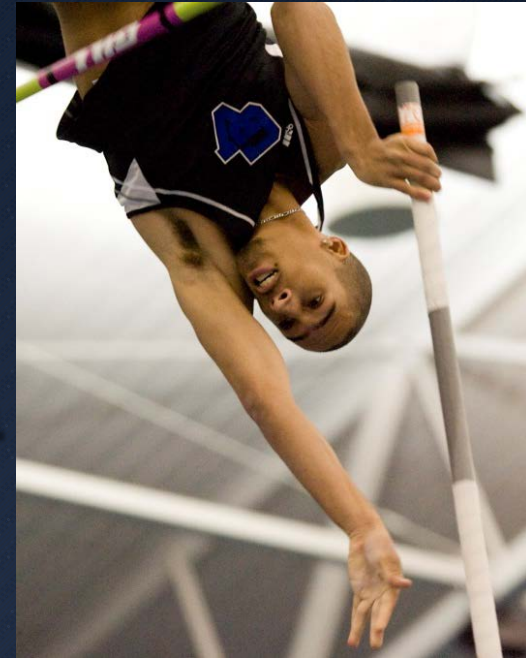


Former Vaulter

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.



Video Breakdown

- Step
- Plant
- Pole Bend
- Recoil position
- Landing



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- #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.



Day One



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



- 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

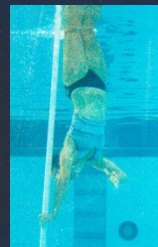
- Work-in approach with running workouts.
- Aqua Jogging, X-Train

■ Pool Workouts

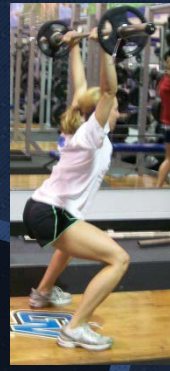
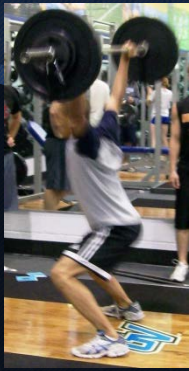
- Body position, Working the top of the vault

■ 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



Weight Room



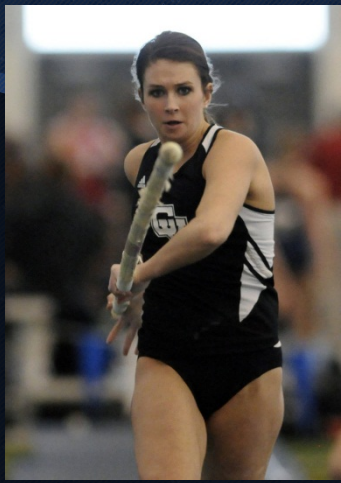
- Two ways to think about exercises:
 - 1) Need the strengthen parts so you can work multi joint exercises.
 - 2) Strengthen the whole body at the same time.
 - Injury prevention.
- Core: Abs and back exercises.
 - Work them into your year long training.
 - Olympic Lifts, 1st exercise of the day.



Setting-up Year Long Training

- 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.”



Random Topics

■ 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

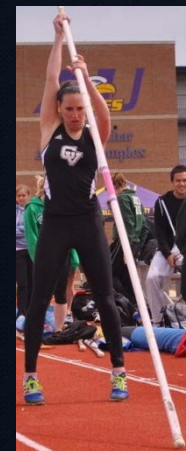
- Know how much time you have and how many vaulters.
- More is not better.

■ 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

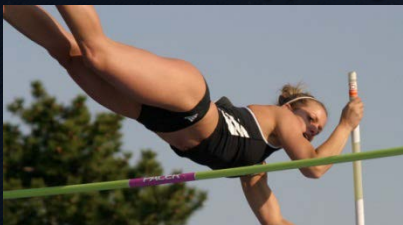
- No taps allowed in practice.
- If I want to see something, I may tap them to make sure I see what I want to.
- If a kid asks for a tap, I see that as an issue.



Last/Best Piece of Advise

- 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 fourth 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, its
not WHAT you do,
it's HOW you do it"*

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