

Ohio Coaching clinic HJ outline

Title: Holistic and simple approach to coaching the High Jump

1. Coach the High Jumper and not just the High Jump
2. Approach is individualistic (8-9-10 step and speed of approach)
3. Teaching the approach
4. Teaching the running of the curve
5. Last 3 steps
6. Bar clearance
7. Training (adapt before you add; don't over jump)
8. Mental approach to HJ