

Middle School High Jump

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Integrity Sport Group

A. Primary Objectives

1. A controlled run up
2. A jump that is high
3. A landing that is safe

B. Primary Components

1. The approach
2. The take-off
3. The Bar Clearance
4. The Landing

C. The Approach

1. Establish the take-off foot
2. Establish the number of steps
3. Establish the run-up path

D. Approach Consideration

1. A consistent start and run up
2. Eye focus is straight ahead
3. Transition to the curve
4. Eye focus changes to above the bar
5. Learning to run the curve properly
6. Learning the arm rhythm in the curve
7. Gathering the arms
8. Establishing the rhythm
9. How fast should they run

E. The Take-Off

1. Establish the T.O. mark
2. Teaching the penultimate stride
3. Teaching Take-off mechanics

Foot Direction

Heel Strike

Leaning away

Eye focus

Knee Drive

F. Bar Clearance

1. Shoulder Lean
2. Back rotation to the bar
3. Tucking the chin
4. Arm Position
5. Position of the knees
6. Position of the shoulders
7. Position of the hips

G. The Landing

1. Land in the mid to upper back
2. Position of the knees
3. Land in the middle of the pit