

# High Jump

## *Simple Ques & Quick Fixes*

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### 1. Introduction

- Youngstown State University
- Jumps & Multis Coach
- University of Mount Union & Kent State University Alum

### 2. Coaching Highlights

- Great Lakes Region COY
- NCAA AA's
- Top Athletes

### 3. Common Misconceptions

- "Back Arch" vs. Rotation
- Approach Distance
- Approach Style

### 4. Quick Fixes

- Plyometric Drills
- Knee Drive Drills
- Wicket Runs
- Coned Approach Runs
- Lay Up / Dunking

### 5. Time Management Ideas

- Technical work with Plyos
- Balancing Multiple Events

### 6. Simple Approach Mechanics

- Push Phase
- Transition Phase
- Takeoff Phase

### 7. Training Schedule Examples

### 8. Coaching Philosophies

### 9. Video Analysis