

Pole Vault Drills

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Test for drills

1. Can you show me in a video of the vault that drill happening that way?
2. Is it valuable? Will I get better if I do that drill?

Plastic pipe

10' 1" schedule 40 pvc pipe from the pole vault training center at Lowes and Home Depot.

10' 3'6" 6'6"

Drills

Stubbie Jump

Stubbie Roll Up

Walking Rockets

Lay Down Swing Up

Fall back Swing Up

Bar Tap

Jump Assist

Front Arm Push Ups

Pull Turns

Slide Box

High Hand Fly Ins