

Pole Vault – 1

Tim Walters

“A simple technical model for teaching the Pole Vault”

Introduction

What does a correct Pole Vault look like?

What are the minimum requirements of teaching Pole Vault?

What are the fundamental technical concepts?

1. The handgrip and spread on the pole

*Hand spacing

*Pole carry

2. The Approach Run

*How long is the run?

*Sprinting Technique

*Gradual Increase in Rhythm

3. The Plant

*When to start the Plant

*Pole Plant Movement

*Plant Body Position

4. The Take Off

*Similar to the Long Jump

*Lead with the chest

*Role of the arms

*Maintaining your speed

5. Inversion – Swing Phase

*Pole Acceleration

*Swinging off the top hand

*Body Position

*Inversion – Vertical Extension

6. Clearing the Bar

*Legs Together

*Body Perpendicular to the bar with a complete turn

* Staying with the Pole

*Pole Push Off

Pole Vault – 2

Tim Walters

“An Advanced Technical Model for Teaching The Pole Vault”

Introduction

How does my athlete run fast?

Teaching them to plant high.

Positioning the body to swing big.

A 7 phase technical model

1. Acceleration Phase

- *First 4-6 steps
- *Hand Positioning
- *Don't carry the Pole – Push it
- *Acceleration Mechanics

2. Transition Phase

- *Middle 4-6 steps
- *Erect Posture
- *Transition to Sprint Mechanics
- *Gradual Pole Drop
- *Maintain Max Velocity

3. Plant Phase

- *2 steps prior to pole impact
- *Teach the Penultimate step
- *Curling the top hand and press
- *Be tall at Impact
- *Jumping into takeoff
- *Lifting the Drive foot
- *Knee Drive

4. Takeoff Phase

- *Begins at the instant he clears the ground
- *Blocking the knee
- *Extend the takeoff leg back
- *Top hand sweeping action

5. Swing and Invert

- *Pole is now close to the body
- *Pull to the feet – rowing action
- *Achieve vertical Alignment

6. Push and Turn Phase

- *Top Hand should reach the sternum
- *Timing is key with the unbending
- *Turn the body
- *Release bottom hand
- *Fully extend the body and push with top hand
- *Push down on the pole

7. Bar Clearance

- *Pike at the Hips over the bar
- *Hollow the chest
- *Withdraw the upper body by moving the arms backwards