



High Jump

By Jeremy Fischer

Components to the High Jump

- The Approach
- The Curve
- Take-Off
- Flight
- General Training
- Specific Training



The Approach



- 3 Components to the approach
 - Acceleration, Transition, Curve Running Mechanics
- Consistency and Rhythm
 - Break Down of the three components
 - Errors can reflect in inaccuracy at take-off
 - Rhythm is easiest cue during high stress situations
- Static vs Dynamic Start
 - Static start, with even number of steps is most consistent

The Approach (cont)

- 6-12 total steps
- Dependent on ability to control speed into take off
- Don't add distance if athlete can't control speed at take-off
- Coaches marks for accuracy
- Curve Run Mechanics and Initiation of curve



The Approach

- How to establish the most consistent approach
 - Running back from the take off point into a reverse J
 - Establish an approach on the track



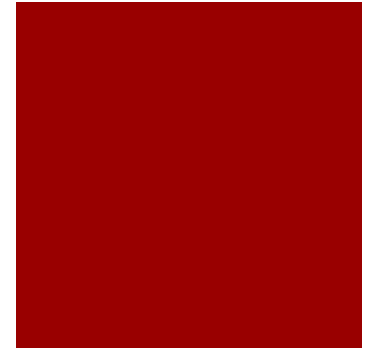
The Approach

- Videos



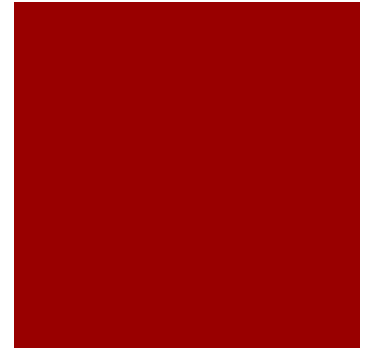
The Curve

- Goals of curve are to help with lowering of COM
- Helps to aid inward lean which aids in more vertical take off position
- Creates a tangential line that is optimal for bar clearance (deep vs shallow)



The Curve (cont)

- Pictures and videos



The Set-Up (penultimate)



- Penultimate is second to last step
- Creates lowering of C.O.M. to create lift for take off
 - Flight is determined by three things- Height of COM at take off, Angle of take off, and speed at take off
 - We can control speed
- Penultimate may need to be taught depending on athletes prior athletic experiences
- Penultimate in HJ the bodies posture and curvilinear mechanics are very important; can lead to improper take off mechanics more so than any other jump

Set Up(cont)

- Goal of Set-Up-
 - Create maximum angle of take off, with the least amount of speed reduction
- Penultimate- Short to Long vs Long to Short
- Maintain Postural Integrity



Set-Up

- Videos



Take Off

- Foot in Relation to COM
- Actual Foot to Ground Contact
- Alignment of Body at Initial Foot Contact
- Alignment of Body at Initial Release of Foot Contact for Take Off
- Importance of Free Swinging Segments



Flight

- Double arm vs Single Arm Take Off
- Timing becomes critical bc of the need of bar clearance
- Peak of flight needs to be accurate so it's on top of the bar
- The need to fight the landing feeling (kinesthetic awareness)
- Took chin to chest, which will drop butt and whip legs over bar



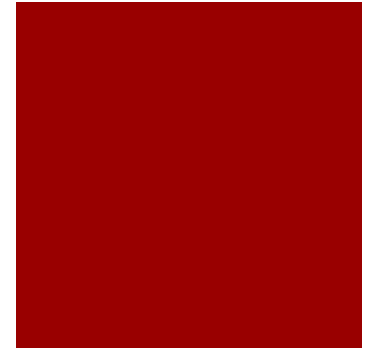
Flight

- Photos and Video



General Training

- Training of high jumper is unique
- Reduce Volume of work by adding event specific work
- Technical Work is Work
- Med Balls
- Plyos
- Weights- Developing Athletes> Form is most important factor
Weights always below 70% of a Estimated 1RM
(5RM Max estimate)



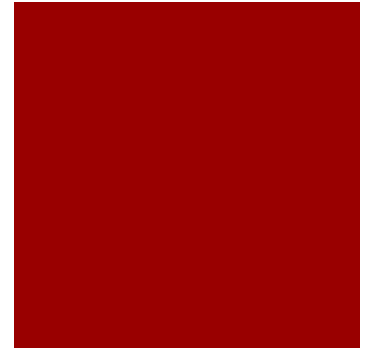
Specific Training

- Develop Kinematic Chain
- Progression of Drills from Low to High (intensity)
- Jumping 100%>>>>>>>> 20% Squats
- Early in Season more general to championship
part of season more specific



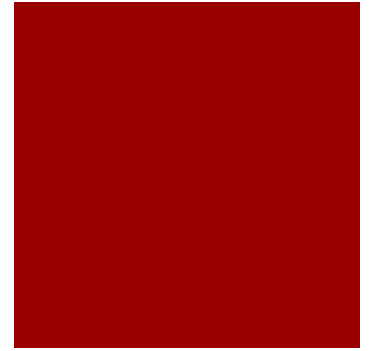
General and Specific

- Videos



Conclusion

- General to More Specific
- Develop Accurate Approach
- Develop Well Executed Set_up
- Accuracy in Take Off
- Bar Clearance Mechanics
- Specific Training for athletes



Thank You

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