

Pole Vault- Developing the Coaches Eye

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Vaulting safely

- Pole must move from original planting position to vertical.
- Vaulter and pole work together to constantly move dynamically throughout the jump.
- Vaulter is to stay behind the pole not off to either side.
- Look up

Back to Basics

- Coaches Checklist
 - Athletes Grip
 - Wide?
 - Narrow?
 - Running posture / pole carry
 - Gradual pole drop
 - Proper timing of planting motion
 - Jump, push, and move the pole to vertical

What can we do as coaches help athletes progress?

- Coaches Checklist- Every vault / Every Drill
- Indicate where exactly things started to go wrong from your view.
 - Go back one step and analyze (Continuous Chain)
- Revert back to purposeful drilling of basic fundamentals.
 - Exaggerate
- Repeat

Reasons for Inconsistent Vaults?

- Scared athlete
 - Manage grip height
 - Focus on quality repetitions
 - Drill the basics
- Inconsistent run
 - Posture
 - Cadence
 - Running with a purpose?

Reasons for Inconsistent Vaults, Cont.

- Slowing Down through takeoff
 - Counting takeoff steps?
 - Late timing during planting motion
 - Any correlation to how the vaulter is holding the pole?
- Complacent at takeoff?
 - Athlete has to be able to convert horizontal speed to vertical lift.
 - Last two steps
 - Athlete needs to stay aggressive through planting motion (with proper timing) to transition to a dynamic takeoff
 - Top and bottom arm placement and purpose

Correlation between grip height, pole speed, and pole choice.

- Pole Stiffness and Grip height = resistance
- Go up a pole when:
 - Big pole bend with fast pole speed
- Increase Hand Height when:
 - Relatively small to no bend with fast pole speed
- Go down a pole when:
 - Relatively small to no bend with slow pole speed
- Decrease hand height when:
 - Big pole bend with slow pole speed
 - Relatively small bend with slow pole speed

Thank you!

