READY TO JUMP HIGH?

HIGH JUMP

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Talent Demands for the Jumps

- The primary characteristics required for success in the jumping events are:
  - Speed
  - Power
  - Jumping ability
- Taller athletes may have an advantage, but do not neglect the smaller athlete who is strong in these areas

Common Skills of Jumping Events: Approach

- Approach may range from 12-20 strides in length in the LJ, TJ, and PV, and from 6-10 long in the HJ
- Approaches may use an even or odd number of steps, depending on the athlete's preferred takeoff foot
- CONSISTENCY - All parts of the approach, including the start
- CHECK MARKS - One or more check marks may be useful in finding inconsistencies in the approach

What's Common?

1) Approach

2) Last Two Steps

3) 2nd to Last Step

4) Takeoff

The Approach

- Do not move the athlete's starting checkmark indiscriminately
- Controlled Speed
  - *faulty mechanics*
  - *out of control is a key*

Last Two Steps

- The last two steps should exhibit:
  - *Dorsiflexed ankle*
  - *Rolling action of the foot upon contact*
  - *The body should move in front of the foot while it is in contact with the ground*

2nd to Last Step

- What should be seen?
  - *Contact made under the hips*
  - *Lowering of the body*

Takeoff

- A good takeoff should exhibit:
  - *The takeoff step should be grounded under or only slightly in front of the body's center of mass*
  - *Takeoff leg should extend completely during takeoff*
  - *The free leg and arms should swing powerfully and through a large range of motion*

Teaching Points/Cues

- ***Approach may range from 12-20 strides in length in the LJ, TJ, and PV, and from 6-10 long in the HJ***
- ***Approaches may use an even or odd number of steps, depending on the athlete's preferred takeoff foot***
- ***CHECK MARKS - One or more check marks may be useful in finding inconsistencies in the approach***

Checkmark Systems and Accuracy- High Jump Specific

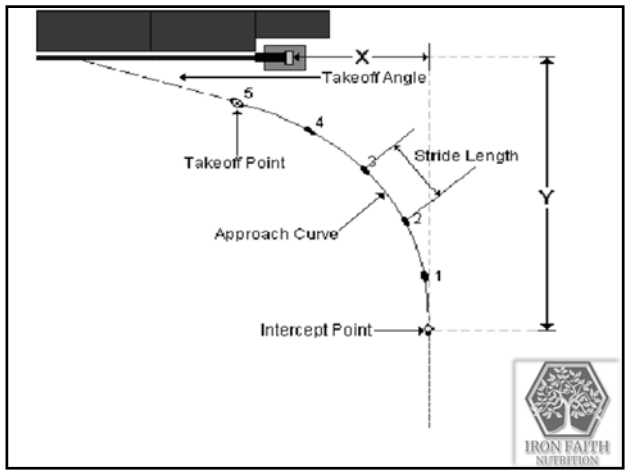
- Starting and secondary checkmarks
- Distance norms
  - *8-15 feet outside the near standard*
- Triangulation can be used to insure accuracy of checkmarks
  - *Right triangles typically used have measurements of 12', 16', 20', or 15', 20', 25'*

High Jump Approach

- Benefits of the curved approach
  - *Propels the jumper toward the crossbar, eliminating the need to jump at the bar*
- Straight to curve approach
  - *No ? OR post pattern*
- Curve should take place over final 4-5 steps

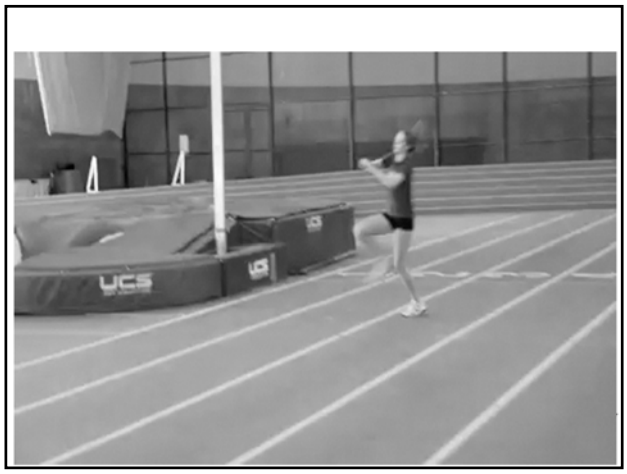
Running the Curve

- Outward foot pressure
- Step over shin (Rotary action)
- Inward body lean
  - ***Lean at ankles NOT waist***
- Stay Away



DRILLS FOR APPROACH

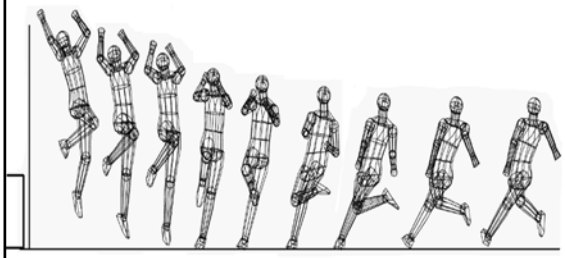
- Figure 8 Drill
- Circle Runs (4m Drill)
- Circle Runs over mini-hurdles
- Circle Jumps
- S Runs

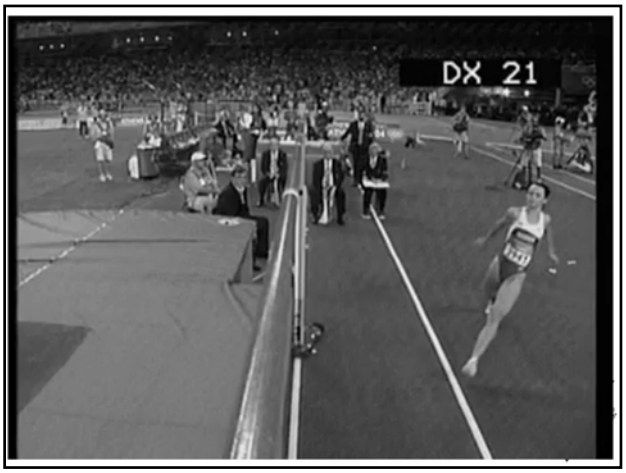


Takeoff

Five Goals:

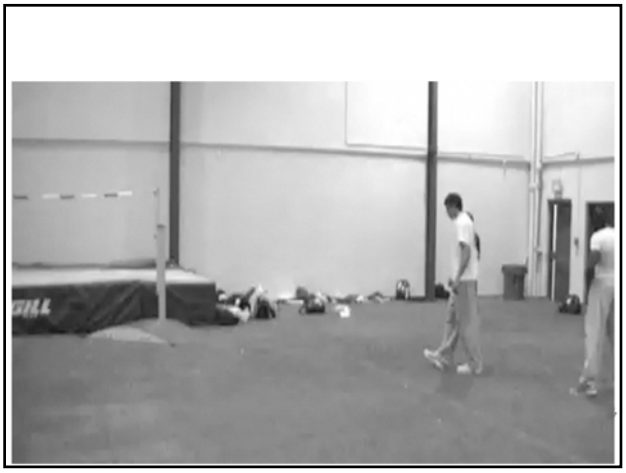
1. *Stay Away*
2. *Shoulder to opposite standard*
3. *Keep Ear To Shoulder*
4. *Create Vertical Lift*
5. *Drive Knee*





Take Off Drills

- ***Ramp or Box Takeoffs***
- ***Short Approach Jumps***
- ***Run-Run-Bound/Take-off***
- ***Circle Jumps***
- ***Jump Rope***
- ***Skips for Height***



Flight

- ***Knees should be apart and flexed in flight***
- ***Watch for a quick throwing back of the head***
- ***Arms return to the sides***
- ***ENJOY THE RIDE – PATIENCE!***

High Jump In Flight

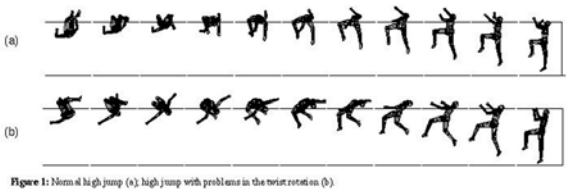


Figure 1: Normal high jump (a); high jump with problems in the twist rotation (b).

Final Clearance

- ***Head should be lifted toward the chest***
- ***Tuck chin***

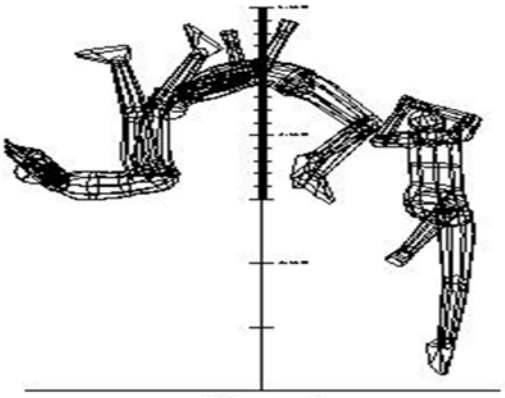


Figure 2

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HIGH JUMPING MADE SIMPLE

Do not make it too complicated- it's running and jumping

Strength Training can dramatically improve a high jumper, especially women

The Approach is most important aspect of HJ

Spend 2-3 days per week practicing with and without jumping

1. Determine Takeoff Leg
2. Determine Number of Strides (7-10 common w/4-6 in on straight)
3. Consistency in initial movement/start
4. Wide Curve – Speed Jumper, Tight Curve – Power Jumper
5. Get into a rhythm (you should hear it)
6. Run Tall in curve (Posture)
7. Look at bar last

Putting Together Your High Jump Approach

1. A left foot jumper will place their left foot at the base of the right standard and walk 4 natural steps to the side of the pit. Do this 3-4x for accuracy. Place a mark at this point (A) as your focal point.
2. From point (A), walk out 14-16 steps at a right angle to the high jump pit. Repeat this 3-4x for accuracy. This will give you a preliminary 8-10 step approach
3. Begin running a 8-10 step "J" approach. (Right foot first step) Start your turn on the 5th step and have the coach mark the takeoff foot (8th or 10th step). The run should be natural and avoiding stutter steps.
4. The takeoff should be approximately 1 foot inside the right standard and an arms length away from the bar (C). Adjust the preliminary step to match the proper takeoff point.
5. Once the takeoff point (C) has been established, go back to the starting point (B) and establish the mid-point mark (4th or 5th stride mark), which will be the beginning of the curve.
6. Make adjustments for the width of the curve, the tempo of the run. This will take place as the athlete becomes more familiar with the approach.
7. The suggested tempo of the run for an 8-Step approach is 1-2, 1-2, 1-2-3-4

Coaching Ques:

- Watch for a takeoff foot parallel to the pit (try to avoid)
- Takeoff foot should be pointed between the two corners opposite the takeoff
- Lean at ankle, not at waist while running the curve
- Drive the thigh vertically during takeoff, blocking at the arms
- Watch for the head to "dip" into the pit at takeoff. This will not allow the athlete to get vertical
- Keep the heels together during the flight over the bar

Triangulation of Approach Setup

- Need 2 tape measures, 3 people, and chalk or athletic tape

1) Pull tape from point A (at the center of the standard) to point B (13' in this example)
2) Pull tape from point A to point C (26' in this example, double the first distance)
3) Using 2 tape measure, measure from A t D with tape #1 and C to D with tape #2. D is determined where 26' of tape #1 intersects 26' of tape #2. Mark this point.
4) Pull the tape from point B to point E through D, which in this case will be 52'. This will create a consistent right angle. Point D is the initial turning point of the "J" approach

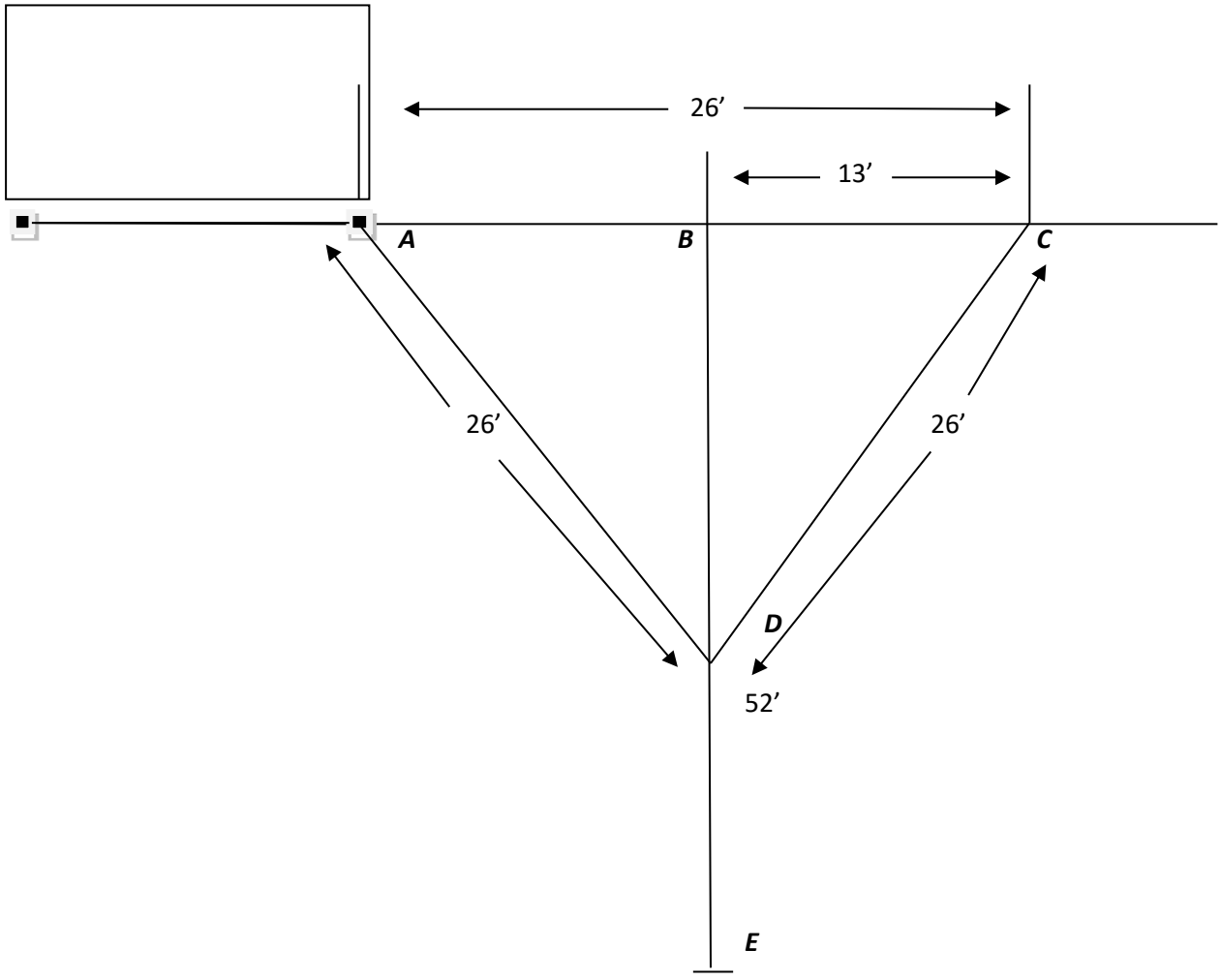


DIAGRAM COURTSEY OF ED MILLER, FORMERLY OF UNIVERSITY OF CALIFORNIA

Takeoff

1. Distance away from the bar (arms length and near proximal standard)
2. Heal- Flat – Roll – Bridge
3. Foot location only slightly in front, lean away
   * Do not talk about Penultimate Step- it will occur naturally, can cause problems in emphasized
4. Drive! Double Arm takeoff (European-Single arm also an option), lead with inside
5. Eyes look at distal corner of pit

Clearance

1. Pull arms back & keep arms to the side
2. Squeeze'em
3. Keep back flat, do not try to arch to much
4. Heels together, knees out
5. Hips clear bar they should drop

Drills

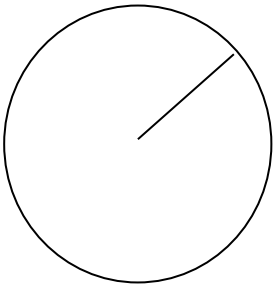
Alternating Bounding (20-50m)
Hurdle Hops (3-5 hurdles)
Standing Long Jumps
Standing Triple Jumps
Multi-Throws with Shot or Medicine Ball
Run-Run-Bound-Bound-Bound
RR-LL-RR or LL-RR-LL
Gymnastic Arches

Circle Drill
Figure Eight
Back-overs off ground
Back-overs off box
3-step, 5-step jumps
Scissors
Circle Jumps
Penultimate Drills over Hurdles

Drills:

Circle Drill

*4m (13') from center to outside
*walk around using tape or chalk to mark circle

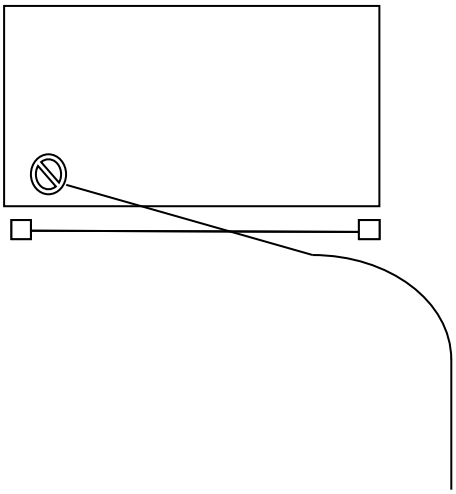


Run 2-3 laps around going slow to fast
Keep Flat-footed the entire drill

Typical Practice

Monday – AM – Weights, PM - Approach Work/Technical Jumping (short approach 12-20 jumps)
Tuesday – Plyometrics or Bounding, Extensive Tempo (low volume under 1500m), Hurdle Mobility
Wednesday – AM – Weights PM- Pool or bike or Circuits
Thursday – Bounding/Technical Jumping, Medicine Ball Drills
Friday – AM – Weights, PM – Stadiums or Resistance Runs, Short Speed Endurance, Hurdle Mobility or light Warm-up depending on the time of the year.
Saturday – Tech. Jumping, Competition, or rest
Sunday - Rest

Problem Solving for the High Jump



Problem:

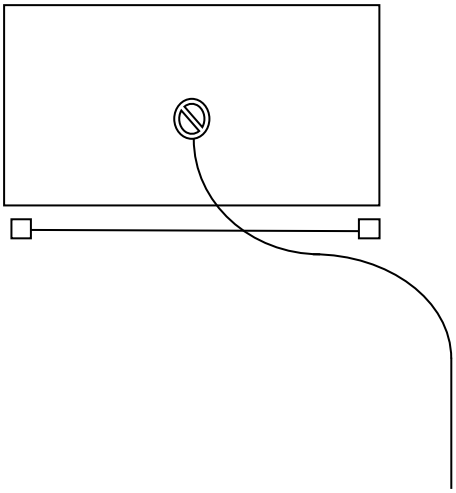
Arch good, lands on the bar and near far standard

Cause:

- Running curve too deep or wide. Causing jumper to travel along the bar instead of over the bar
- May be decelerating through the curve

Solution:

- Speed up the run and maintain tempo through the curve
- Place markers (tape or chalk) where you would like the athlete to run



Problem:

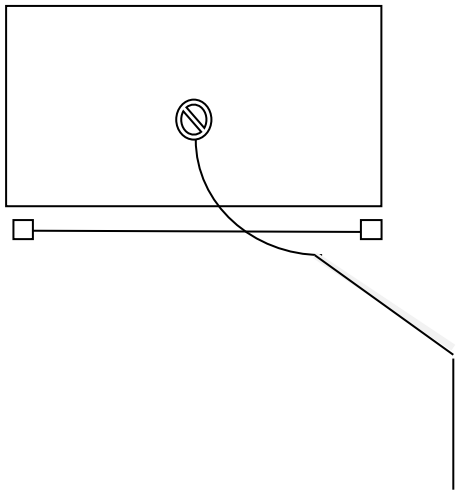
Take-off too close to the bar, drags bar off with the heels

Cause:

- Curve is too tight and the athlete is not strong enough to fight centrifugal force

Solution:

- Slow down run or widen curve



Effects:

Drags bar off with the heels & lands deep in the HJ pit

Cause:

- Premature dipping before leaving the ground
- Takeoff foot could be parallel to the bar
- Too shallow of a curve

Solution:

- Tall & away at takeoff (Que: stay on right or left side depending on side of approach)
- Have athlete run toward marker (tape) then step over
- Feet like a speed skater instead of running a post route like an NFL receiver

Common Problems

Hitting bar with hamstrings – too much arch in back
Acceleration patterns off – timing/rhythm
Deceleration at takeoff – lack of strength
Takeoff in middle or end of bar – not proper curve