

UNDERSTANDING THE HIGH JUMP

by

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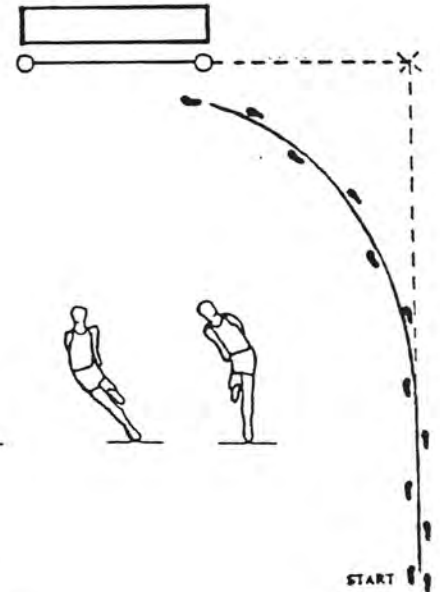
PHILOSOPHY: TO COORDINATE AND MAXIMIZE GROUND FORCES WHICH RAISE AND EFFECTIVELY POSITION THE BODY FOR BAR CLEARANCE

**CENTRIFUGAL/CENTRIPITAL
HINGE MOMENT
TAKEOFF FOOT ?**

APPROACH

OBJECTIVE: DEVELOP MAXIMUM CONTROLLABLE SPEED AND POSITION THE BODY FOR AN EFFECTIVE TAKEOFF

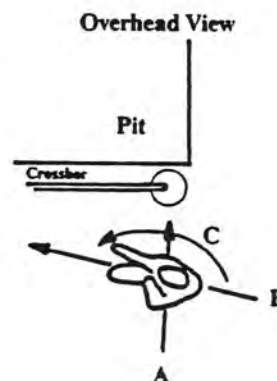
- UNIFORM/RHYTHMIC/ CONSISTENT
- PLOTTING APPROACH (J OR HOOK)
 - * TAKEOFF LOCATION (2-1/2 - 3-1/2 FEET OUT)
- STANDING START IS RECOMMENDED
- LENGTH (8 - 12 STRIDES)
 - * SPEED VARIES WITH STRENGTH, TIMING AND TECHNIQUE
- 4 - 2 - 4 (LEAN AT ANKLES)
 - * RUNNING MECHANICS/SHOULDER ROTATION
- RHYTHM/TEMPO (LET BAR COME TO YOU)
- PENULTIMATE (PREPARATION)
 - * SLIGHTLY LONGER
 - * FLAT OR HEEL FOOT PLACEMENT
 - * ROLL & PICK UP (PUNT STEP)
- ARM MOVEMENTS
 - * SINGLE
 - * DOUBLE (2 VARIATIONS)
- QUICK/SHORT LAST STEP
- FOOT PLACEMENT (DIRECTION)



TAKEOFF

OBJECTIVE: EFFECTIVELY UTILIZE THE SPEED ACQUIRED DURING THE APPROACH TO PROJECT THE BODY VERTICALLY

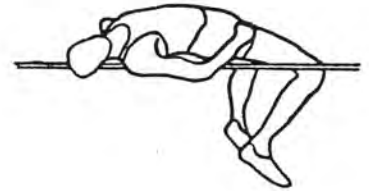
- ANTICIPATION/PUNT STEP
- ROTATION IN 3 PLANES
 - * DUO-MOMENT
 - * CENTRIFUGAL FORCE IS PROPORTIONAL TO VELOCITY AND TIGHTNESS OF CURVE
- BLOCKING/DIRECTION
- VERTICAL RISE
 - * DON'T JUMP OVER THE BAR



LAYOUT AND CLEARANCE

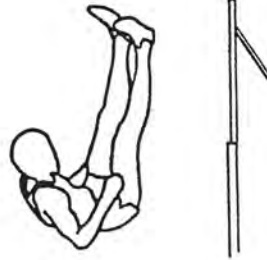
OBJECTIVE: POSITION THE BODY AND LIMBS TO AVOID BAR CONTACT

- VERTICAL STRETCH
- PATH OF CENTER OF GRAVITY IS FIXED
- HEELS TOGETHER/KNEES APART
- HEAD AND ARM POSITION
- PINCH THE QUARTER
- HIP AND TRUNK FLEXION/KNEE EXTENSION



COACHING "TERMS"

1. HEAD UP/CHEST UP
2. RHYTHM/TEMPO
 - *LIFT - DON'T PUSH
3. LET THE BAR COME TO YOU
4. 4-2-4
5. LEAN AT THE ANKLES
6. STAY AWAY (FROM THE BAR)
7. RUN TO THE FAR STANDARD
8. DON'T OVER-PREPARE
 - * BE LIGHT AND QUICK
9. ANTICIPATE/BE ACTIVE
10. BLOCK [KNEE & ARMS]
11. KNEE/TOE TOWARD FAR STANDARD
12. JUMP IN FRONT [OF THE BAR]
13. STRETCH VERTICALLY
14. PINCH/SQUEEZE [FROGGY]



DRILLS/TEACHING PROGRESSION

1. DETERMINE T-O LEG
2. RUNNING MECHANICS (POSTURE/TURNOVER)
 - STRAIGHT
 - CURVE (CIRCLE)/LEAN AT ANKLES
3. PREPARATION AND TAKE OFF MECHANICS (ARMS & LEGS)
 - START SLOWLY (WALK), INCREASE SPEED
4. FULL APPROACH RUNS
 - SMOOTH TRANSITION (10 = 4-2-4)
 - FAR STANDARD (NOT UNDER BAR)
5. PINCH QUARTER ON PIT
6. THIGH SLAP
7. SCISSOR JUMPS
8. SHORT JUMPS - DIVE
 - OUT FROM STANDARD
9. STANDING 2 FOOT JUMPS OVER BAR
 - ALSO FROM BOX
10. SPRING BOARD OR BOX
11. VISUALIZATION