

2017 HOKA SuperClinic

Morley Roscrow - Coaching the Pole Vault

Introduction

- Coach Mo's Background

Know Your Athlete

- Each is Different

- Coach to each Athlete

Confidence

- Build Confidence

The Fear

- Fear is a factor

- Prevent fear

- Overcoming fear

The Run

- Short Runs vs Long Runs

Pole Size

Conditioning

- Running

- Weights

Techniques

- Active Through Vault

- Get in the Pit First

- Switching Poles

- Practice

- At the Meet