

Pole Vaulting Without a Pit
Beginning & Daily Pole Vault Drills
ITCCA Clinic – January 2010

PURPOSE:

Purpose of this presentation is to show what your vaulters can do without setting up the pits. These drills focus on the fundamentals of vault technique.

BACKGROUND:

- started coaching in 1979
 - not a vaulter, just a PV junkie
 - more info on vaulting now than ever
 - videos by Jan Johnson, Earl Bell, Rick Attig, Spencer Chang, Don Hood, Bryan Carrel, YouTube
 - videos available from ITCCA & web like Pole Vault Power & Stabhochsprung
 - kids need visuals, so show videos (professional & their own),
- **SAFETY, SAFETY, SAFETY**--CHECK POLES, PITS, PLANTING BOX, PAD STANDARDS, WEIGH DOWN STANDARDS WITH SANDBAGS, PAD THE AREA AROUND PITS (DO WHAT'S REASONABLE & PRUDENT)

MY VAULTING **PHILOSOPHY:**

- vaulters do something every day (which says something about the athletic ability and commitment vaulters need)
- daily gut-busters: bubkas, chin-ups, pull-ups, hang from chin-up bar in take-off position & swing up, windshield wipers, elevators (hold post, raise legs), push-ups, handstand push-ups, muscle-ups
- Stress mechanics over heights; the pole will bend when the vaulter's speed & mechanics are correct
- high hands & jump up at take-off just like a long jumper & land in the middle of the pit

The following drills will be demonstrated through the video clips.

PV Floor

Vaulter laying on back on mats with partner: grip, collapse elbow inside pole, roll onto shoulders; keep top arm extended—don't pull

Same as above without pole; partner holds vaulter's arms—vaulter gets the feeling of pressuring down the pole

Same as above with partner holding top arm

Sitting on floor: 1) hands to ankles

2) Pike first then roll onto shoulders, lead with toes

3) Put 1 & 2 together

Partner and pole, vaulter sitting on floor holding pole about 12"—18" from bottom; partner spots pole and vaulter's feet as vaulter collapses elbow and rolls onto shoulders

Squat Rack

Pull-ups/chin-ups

Toes to bar—bubkas

Inverted Pushups

Elevators, windshield wipers

Backward roll into press up, with or without bar/bungee

PV Plants

Stationary with stubbie (top hand movement—hit chest, tip the cap; bottom hand movement up over head)

Grip—bottom hand thumb under pole

Walking plant with stubbie—PUSH—RIGHT—JUMP; tip at least parallel by next to last left; hands up BEFORE last left; progress to jogging then running

Start with 2 lefts progress to more lefts

Do walking plants on line; add swing—low grip

Jump over tip

Jump/Hit

Tip touches with low grip arms extended; progress to higher grip

Top hand plants; add a step

Stationary plants: watch from side, front, & back

Tip drop & plant over a hurdle

Plant & take-off with a bar, low weights

Bar: drag trail leg, low walks, stiff leg

Bungee: lead leg & trail leg

Pole Runs

Grip: elbows at 90⁰, flat bottom arm, bottom wrist under pole

Lots & lots of pole runs (short, long, fast, slow, big pole, small pole, w/ plant, w/o plant, weighted pole, cadence running, form running, etc. Have goal: speed, strength, rhythm, plant, posture, etc.)

Earl Bell: square, chin down, speed at end of run

Hurdle runs & hurdle hops w/o pole; with stubbie or hold pole in middle; tip up; hands up

Last 3 steps: left—right/left; quick last 2 steps
Jump over tip

Sand Pit

Low grip, short run, plant into sand & stay upright; keep pressure down pole

Broken pole off spring board stressing high hands, jumping, keeping trail leg back, leading w/ chest--just like a long jumper

Broken pole w/o spring board

High Bar & Rings

Jump up onto bar

Muscle ups, swing to invert, bubkas (cheater, swinging, etc.). Use bar, rope, parallel bars, uneven bars, rings, etc.

Kip-ups

Core work: resist knees, resist trail leg

Wall Plants

High grip, soft pole, 2 or 3 lefts

Can do with or without spot; hold-up drill

Slide Box

Mark runway

Push box

Get step w/o box

Start with short run, soft pole work your way up to big pole, big run

Focus on speed at end

A Frame

Stick tips in sand or grass

Short run take-off, jump up, lead with chest, pressure down poles

Rope

Secured rope swing up

Swinging rope (left—right/left take off); push bottom arm up over head

Little swing & turn—for kids who “can’t” turn

Climb rope upside down, in L position, in take-off position

Upside down pull while extending legs

Trampoline

On back with pole, turn right foot over left

Back roll over onto hands; add bungee

All sorts of strength exercises: on stomach—toe touches, twists, etc.

Pool

Leg lifts while holding ladder (elevators)

Underwater vaulting