

High Jumping

A Practical Overview

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Setting the Scene

Basic rules

Common high jumpers profile

Common high jump coach profile

Creating a culture / atmosphere

Articles, videos, pictures, t-shirts, jumpers bag, YouTube, HJ shoes, top 10 lists, 6' Club.
Identify the "leapers" using a variety of ways. Other sports, PE, fitness tests, team competition. Get who you can get! They will come...

Practice

Season plan: calendar, sprint / wt room days vs. jump drill days (how much is enough?)

What about the hurdler – long jumper – triple jumper – sprinter - high jumper? (jump 1st)

Practice set up: rubber cord bar, 3' x 3' box, springboard, small cones, safety

Beginners: take off mark (box or tape) and a landing mark (towel in the pit)

0 steps, 3 steps, 5 steps Groove the jump, videotape practice, D.Stones (jump through the cylinder)

Full approach jumps? Only to check approach at a low ht. or at starting height (how far out/back)

Dick Fosbury theory... very little practice (young jumper exception)

Hips up vs. back arch – press your hips

Approach work – controlled speed, lean beginners – use small cones (5-6-7-8 steps)

Strength Training – functional HJ exercises (1/2 squats, jump squats)

Core Essentials can be done next to the pit

Weight Training / Plyometrics

Rest and its importance

Competiton

Know the basic rules (are the standards set correctly?)

How often to compete? Varsity vs. JV

The importance of the first attempt (warm up issues)

Starting height

All of your (high) jumpers working together – esp at meet!

Meet situations (the facility, the weather conditions, other events your jumper may be in)

Measure steps right away... esp. if in other events

Keeping track of misses – passing

Keep coaching feedback "short and sweet"

The mental aspects of jumping – ups and downs, peaking, visualizing

Expect the unexpected