High Jump

Dick Booth

I. Approach

A. Distance

1. 6-10 steps

2. 10-12 (out from standard)

3. Approximately 70 back at a 90-degree angle

4. 2-6 steps straight (4 on curve)

5. Triangulation

B. Speed and position

1. Standing start or walk in

2. Initiate straight phase of approach with open bounding, light steps

3. Gradual acceleration n with tempo increase

4. Relaxed tall position

5. Turn is initiated on inside of foot to avoid “football” cut that would

compromise the integrity of the curve and resultant body lean.

II. Plant and Take-off

A. Penultimate stride slightly longer-allowing hips to settle. Take-off

stride slightly shorter-raising hips (don’t compromise speed during

last two strides)

B. Take-off point is approximately arms length plus 6” from, and just inside

near standard.

C. Foot is pointed at far corner of pit, continued direction of curve run

D. Hips and shoulders 45-degrees to bar.

E. Knee drive parallel

F. Single or double arm punch

G. Lead knee above bar (60% force)

H. Hips above bar

III. Bar Clearance

A. Front side clearance (wall effect)

B. Head back vigorously on top and down back side (exaggerated arch)

C. Heels together, knees frogged slightly

D. After hip clearance; head up, knees lift off top, landing on upper back

E. Arms can punch and drop onto hips or can lead over the bar

IV. High Jump Drills

A. Circle runs 30 diameter

B. Arch over-off box 12-14

C. Ramp jumps

D. Short approach, tempo jumping: 2-6 steps