

Pole vault workout:

All kids must have their helmet on and strapped on daily. Even during drills. No sitting on mats. No earphones or I-pods, phones at all during workout. No sunglasses. (unless windy and kids wear contacts) Kids cannot wear sunglasses during meets. **No horseplay ever during workout.**

Warm-up:

- One-two lap warm-up
- Flex
- Speed Drills—Done with pole when we get farther down in the season.
- Hurdle Drills
- Pole Carries

Get your proper grip every time. With top hand extend to the side as far as you can, bottom hand needs to grip at the arm pit. Grip like this every time. Roll your bottom wrist up. Your wrist is up high enough like you are looking at your watch. Pole should rest on the thumb not tight. Back hand should be on your hip bone holding the pole comfortably. Do not wrap your hand completely around the pole with your back hand. As you get better you will hold the pole and it will feel like two fingers are holding the pole. When you plant your top hand should be reaching as high as you can with your tricep covering your ear. Drive your knee up and out heel extended. Never move your hands during pole run; up or down, etc... Eyes should be looking down the track. When you are on the runway eyes will be looking at the back of the box.

Pole carries counting

- 4 steps—1, start, curl, press
- 5 steps—1, 2, start, curl, press
- 10 step—count lefts only. Walk the steps first for 10 times. Then run the 10 step approach. Start with two feet together, step back with one foot and push off hard at the back end to get your speed. You count your steps counting left only—1, 2, 3, start, curl, press
- 12 step approach—count lefts only. Walk first. Step cadence will be counting lefts only. Count 1, 2, 3, start, curl, press
- 14 step approach—count lefts only. Walk first. Step cadence will be counting lefts only. Count 1, 2, 3, 4, start, curl, press

**You cannot get in the pit until you have mastered all of the grass and sand drills and coach has checked you off.** You must redo the drills each year!

If you cannot count your steps or do not count your steps, you will not be allowed to vault. Count steps even on drills. It gets easier the more you do it.

You must wear your helmet with it fastened during drills in pit.

Landing on your feet all of the time in the pit will cause shin splints

**Note: This is what you will do at a meet to warm up. You must be ready to do drills at a meet one hour prior to your event starting!**

Get in pit; 3 x as you get better on these drills, get your plant up early and jump out on your pole before the pole hits the back of the box.

- One arm plants toe down and kick mat 3-5 steps
- Plant and jump on pole and kick mat with toe down, elbow inside of your pole.... **It has to be this way on every drill** 3-5 steps
- Rock back Drills land on lower back 3-5 steps
- Rock back Drills and swing back foot up to top hand
- Rock back Drill and land on stomach

When you can do these drills well we work on loading your pole and trying to lock out your bottom arm. To be a vaulter, your pole has to be away from your body at plant and during rock back until you get your right elbow deep into your vault. Never throw your head back. Swing from shoulders with long arm action. Never try to muscle a vault.

- 10 step plant drills with an easy pole to get on 5-10 reps.
- Full approach runs trying to get in C Position, pole below your weight until we find you a pole 5-10 rep.
- **If the pole is too soft, it will break!!**
- On some days let students clear a cross bar or bungee on 10 step or full approach days. Later on in the season done daily.
- Get on ropes and bars two days out of week—**Monday & Wednesday**
- Pole runs—on track get 6-10 and make sure the kids are counting their steps and getting their pole plant up early—**Done Daily**



# Pole Vault Progression

GRADE LEVEL \_\_\_\_\_

BOYS \_\_\_\_\_ GIRLS \_\_\_\_\_

## I. GRASS DRILLS:

- A. 4 STEP PLANT--WALKING
- B. 6 STEP PLANT--FASTER
- C. 8 STEP PLANT--SWING, 1 HANDED
- D. 10 STEP PLANT--SWING AN TURN

## II. SAND DRILLS

- A. 4 STEP 1 HAND PLANTS AND SWINGS
- B. 6 STEP 2 HAND PLANTS AND SWING
- C. 8 STEP PLANT, SWING, AND DOWN FORCE
- D. 8 STEP PLANT AND TURN

## III. SHORT RUN MAT DRILLS

- A. LONG JUMP DRILL--NO POLE
- B. 6 STEP 1 HAND PLANT AND SWING
- C. 8 STEP 2 HAND SWING
- D. 8 STEP 2 HAND 1/2 SWING
- E. 8 STEP 2 HAND ON BACK
- F. 8 STEP PUSH THROUGH (TRAINING OR SMALL POLE)

## IV. APPROACH AND LONG POLE DRILL (in spikes)

- A. POLE CARRY RUNNING
- B. SETTING STEPS DRILL ON TRACK
- C. SLIDING BOX OR TOWEL DRILL

## V. VAULTING DRILLS-- FULL APPROACH (in spikes)

- A. PLANT DRILL RUN THROUGHS
- B. PLANT DRILL RUN JUMPS TO PIT
- C. HALF ROCK BACKS
- D. RULL ROCK BACKS

## VI. BUNGEE JUMPING (in spikes)

- A. FULL APPROACH
- B. SHORT POLE

Athlete name: \_\_\_\_\_

Date: \_\_\_\_\_ Mesocycle: \_\_\_\_\_ Microcycle: \_\_\_\_\_