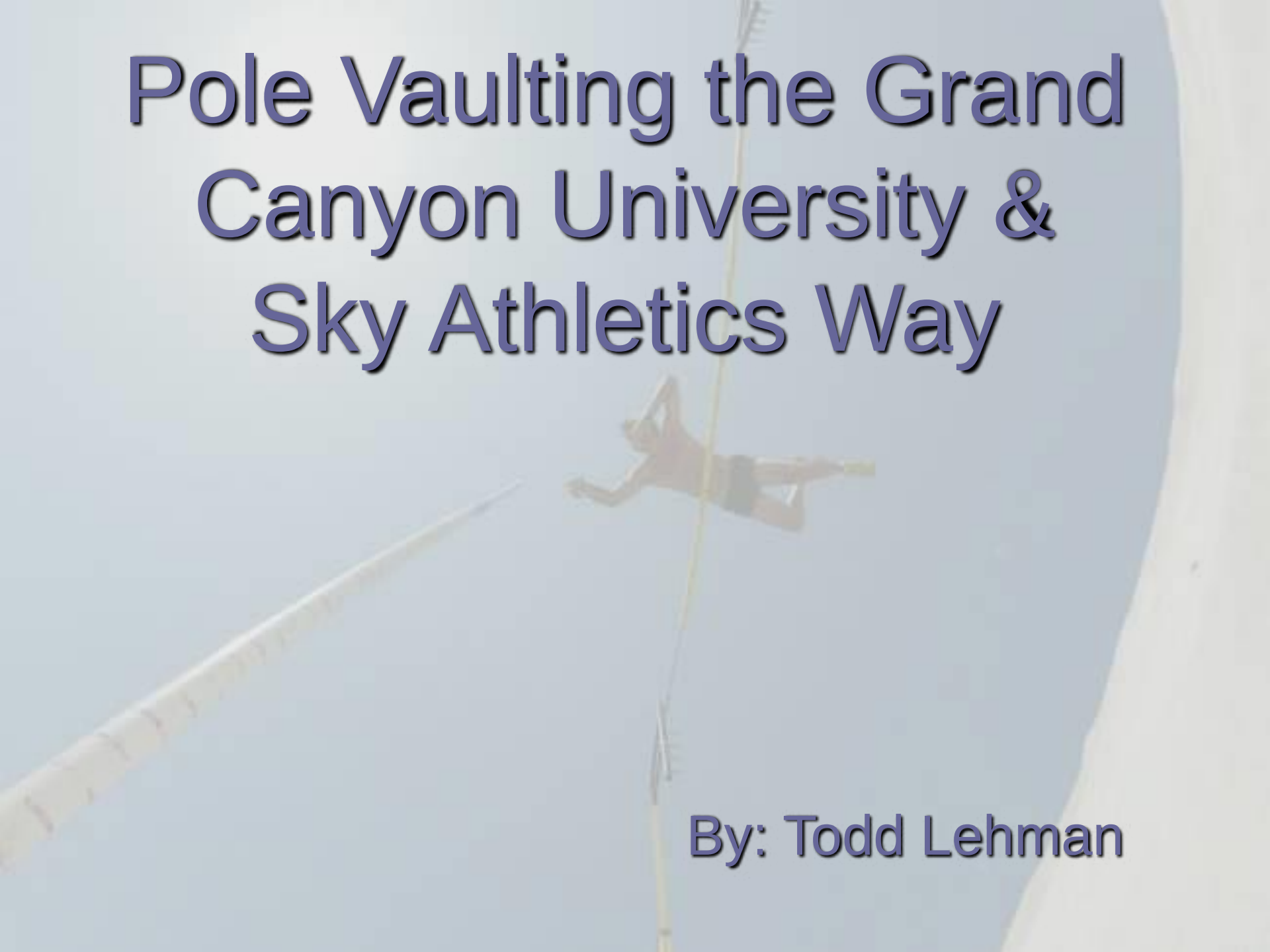


Pole Vaulting the Grand Canyon University & Sky Athletics Way

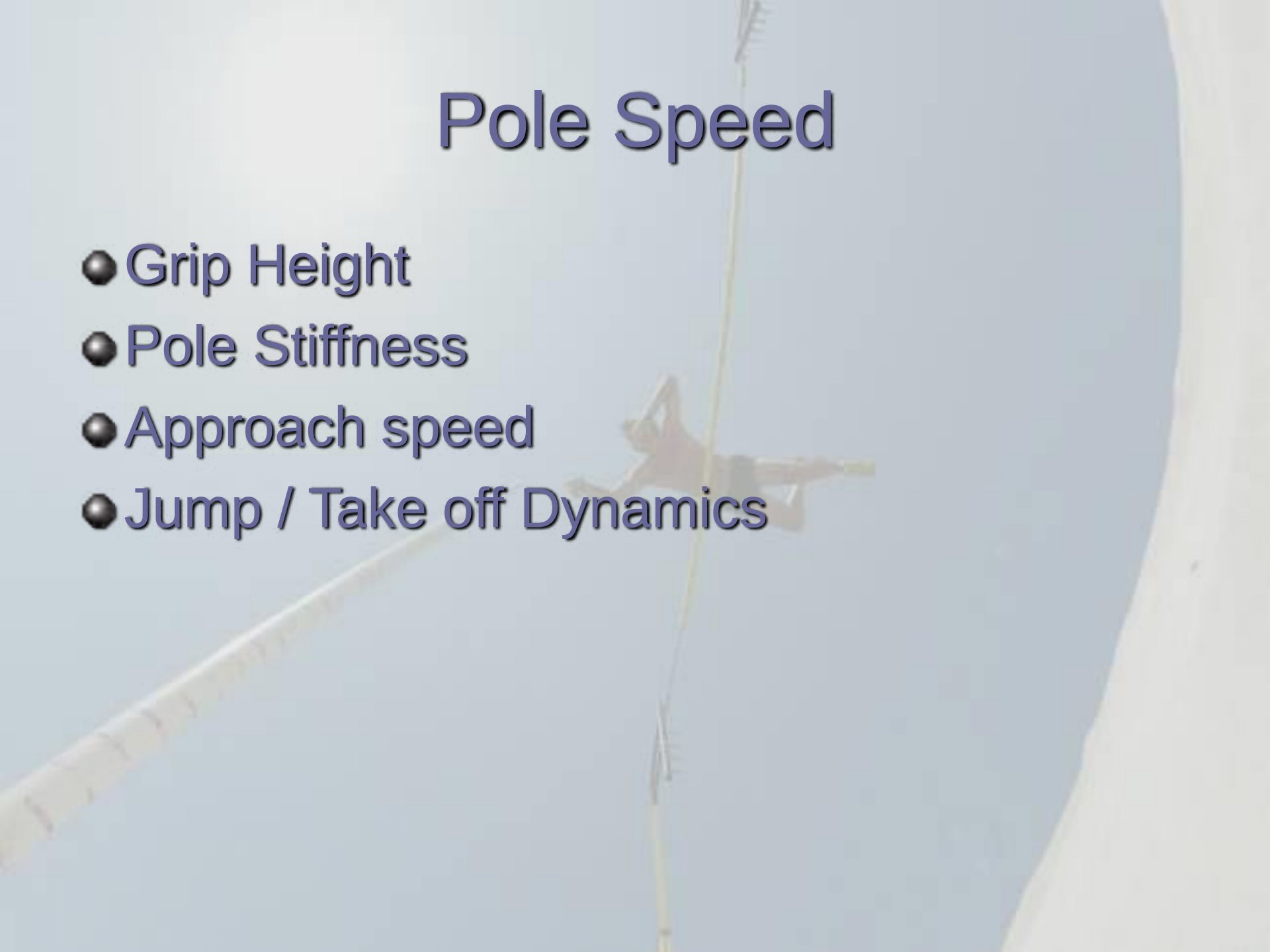
A background image showing a pole vaulter in mid-air, performing a vault. The vaulter is positioned horizontally, with their arms extended forward and legs trailing behind. A long, light-colored pole is visible, extending diagonally from the bottom left towards the center. The sky is a clear, pale blue.

By: Todd Lehman

Pole Speed

- The speed with which the pole moves from the position at the plant until its final release.
- Ensures that vaulter lands safely in the pit.
- Increases opportunity to raise grip and jump on bigger poles.
- Allows for more time to complete the jump.
- Gives vaulter confidence to execute the swing
- Enables vaulter to jump with the standards deep.
- Ensures safe successful jumping

Pole Speed



- Grip Height
- Pole Stiffness
- Approach speed
- Jump / Take off Dynamics

Sprint Mechanics

- Posture and Rhythm
- Sprint Mechanics
- Fire into the ground vs. reacting to the ground
- Back of ball of foot – full foot contact
- Step over the opposite knee
- Speed takes time
- Acceleration is slow

Approach Phases

- Acceleration

- Drive out of back

- Pole carried on skeletal system

- Push the pole forward

- Speed Maintenance

- Toe up – heel up – knee up

- Rhythm

- Pole dropping

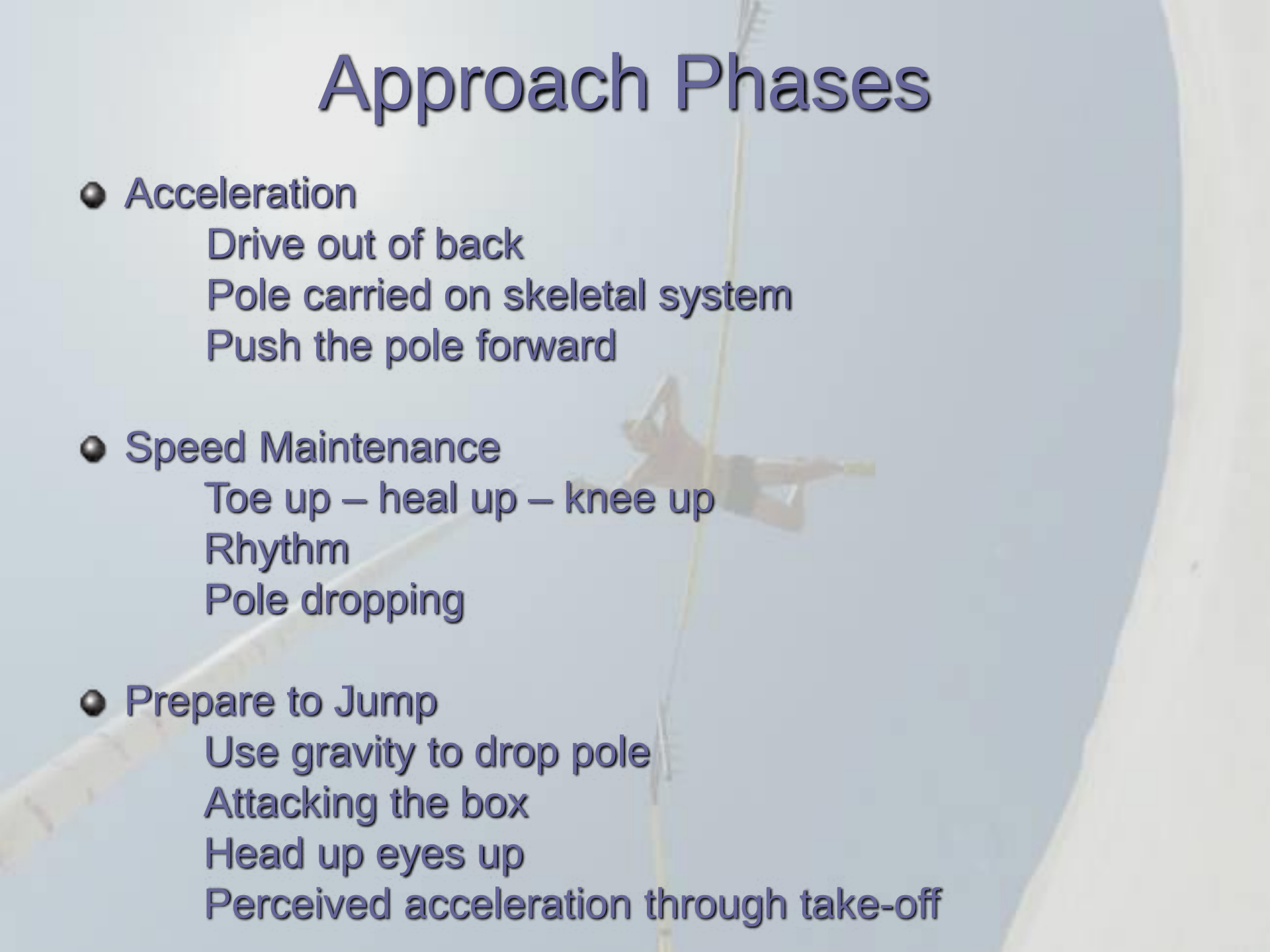
- Prepare to Jump

- Use gravity to drop pole

- Attacking the box

- Head up eyes up

- Perceived acceleration through take-off



Acceleration

- Drive out of back
- Pole carried on skeletal system
- Push the pole forward



Pole Carry

- Top Hand on the pole firm
 - Takes flexibility
- Bottom hand open and relaxed
- Carry the weight of the pole on the skeletal system
- Elbows at 90 degrees
- Front elbow below the hand
- Front hand on sternum

Pole Plant

- Back hand raises up lowering the pole tip
- Front hand stays solid on the sternum acting as the fulcrum
- When pole reaches head height both hands push UP.
- Let gravity do the work
- Use the plant to help with the jump.
 - SWING THE HAMMER

Plant Drills

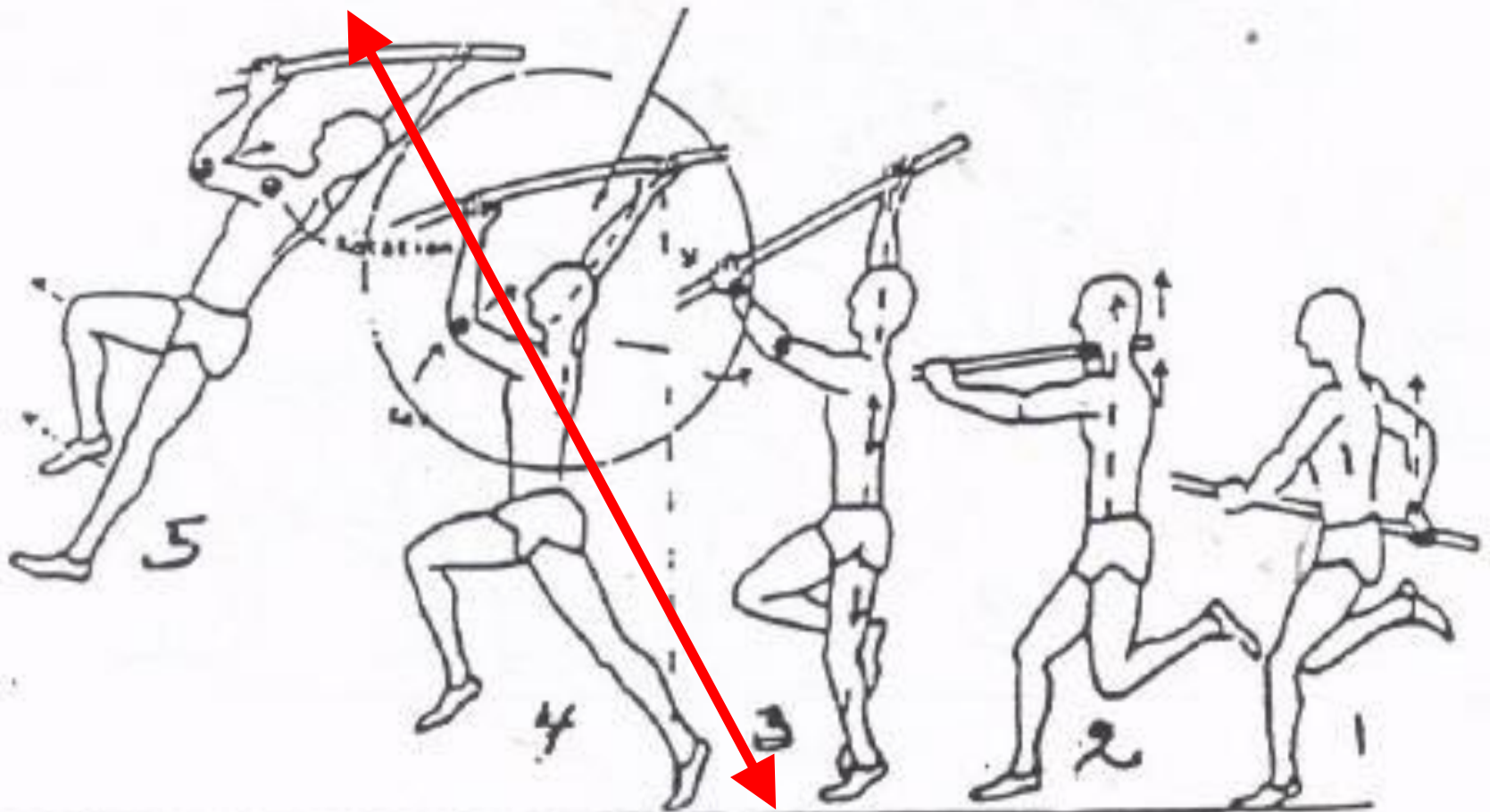
- Pole Drop progression
- Walking plants
- 4 step plants
- Grass plants
- Jump over the pole tip
- Slide box
- Pole throws
- Med Ball plants
- Skipping plants



The Take-Off

- Use plant to jump up
- Use run and jump to move the pole
- Use the jump to create the swing
- Approach must let vaulter changed direction at take-off
- Line up the energy of the jump and the plant.
- Eyes up at hands
- Open up armpits to the bar
- All energy must be directed at or above the crossbar

Line up the ENERGY



Drills for the Take-off

- Sand Plants
- One arm drills
- Assisted pole speed
- Long jump
- High bar take-offs
- Houvions
- Rope take-offs
- Box take-offs



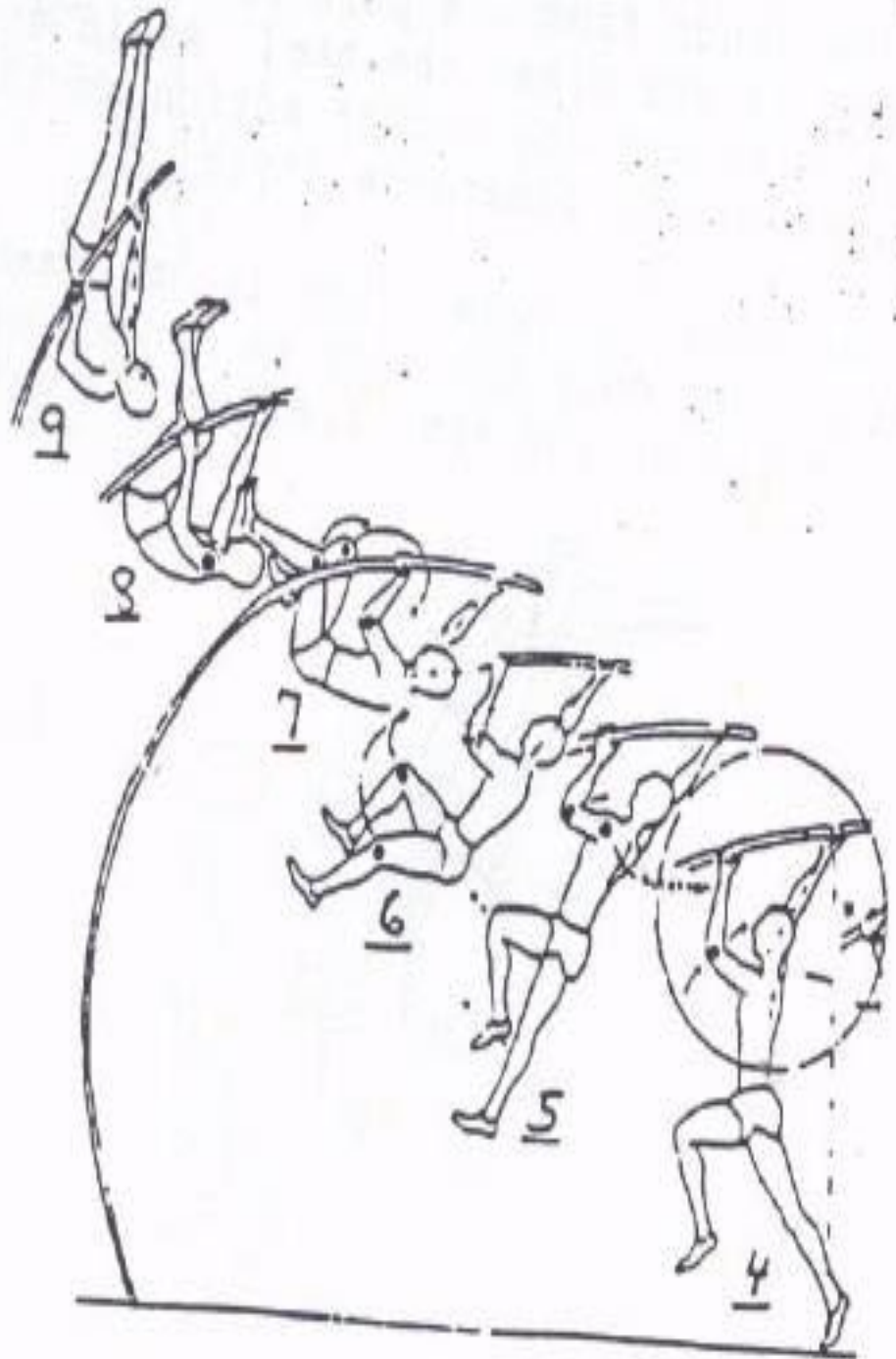
Drills to Increase Pole Speed

- Straight pole Houvions
- Bent pole Houvions
- Grass/Sand plants
- Tower drills
- Assisted pole plants
- Box take-offs
- Small pole, low grip jumps



The Swing

- The should be the result of an effective jump and take-off
- See hands through the vault
- Keep pushing on the pole
- When the pole stops moving the swing stops
- Draw big circles with hands and feet



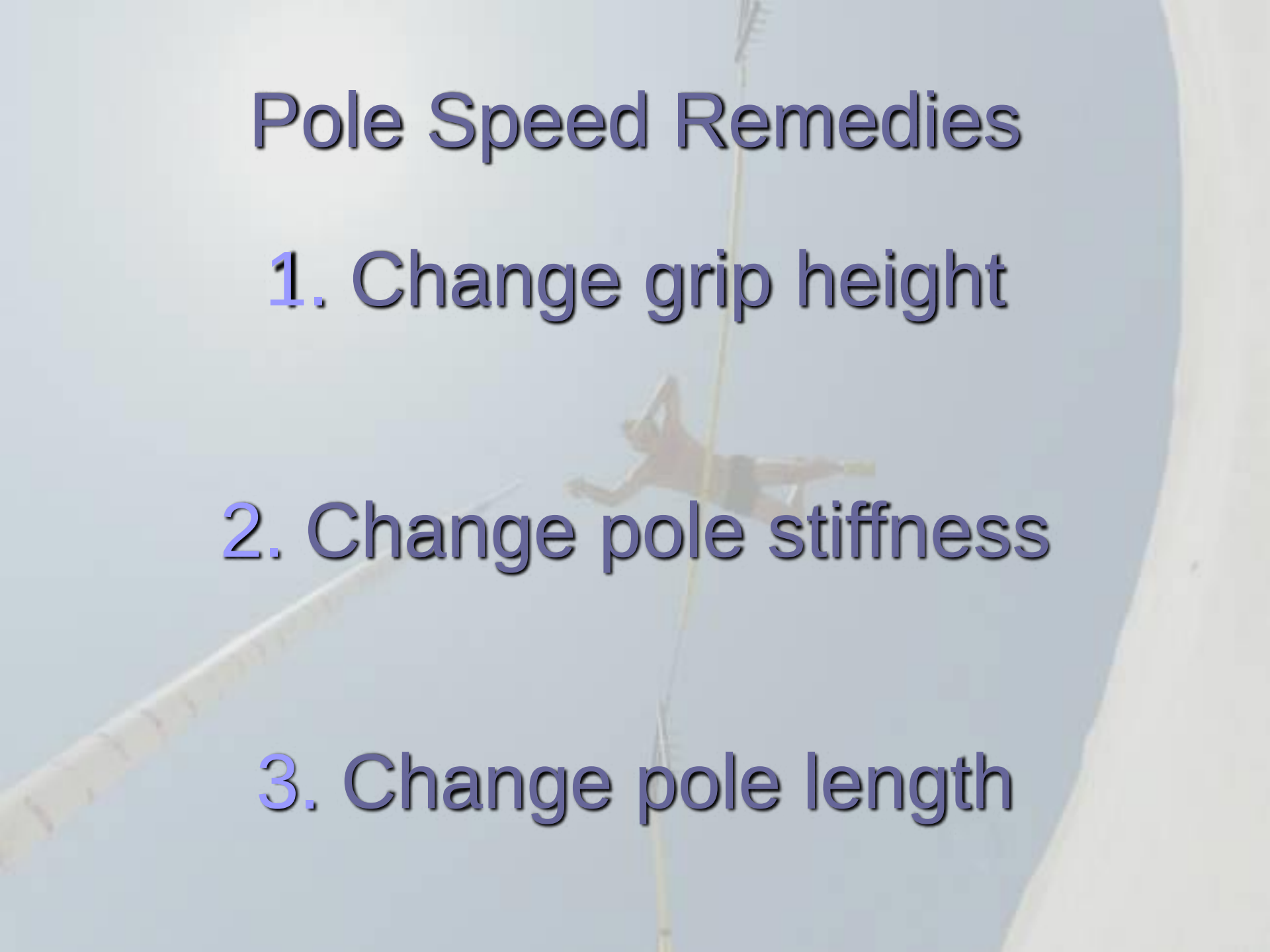
Drills for the Swing

- Straight Pole Swings
- Pull-overs on high bar
- Rope swings
- Bubkas
- Connection drill
- Tower drills
- Straight Pole Swings
- Pull-overs on high bar
- Rope swings
- Bubkas
- Connection drill
- Tower drills



Pole Speed Remedies

1. Change grip height
2. Change pole stiffness
3. Change pole length

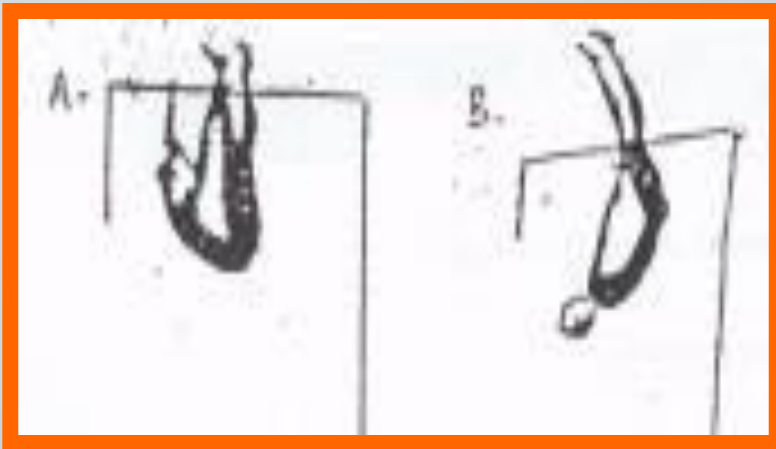


Safety

- Standards always set at 80cm (32")
- Minimize grip heights
- Pad the areas surrounding the pit
- Keep to the progressions (be patient)
- Teach kids to jump on straight poles first
- Use positive coaching cues (up, jump, push, fast, swing vs sit, pull, slow, down)
- Keep the objectives simple for each vault

Body Weight Strength

Bubkas

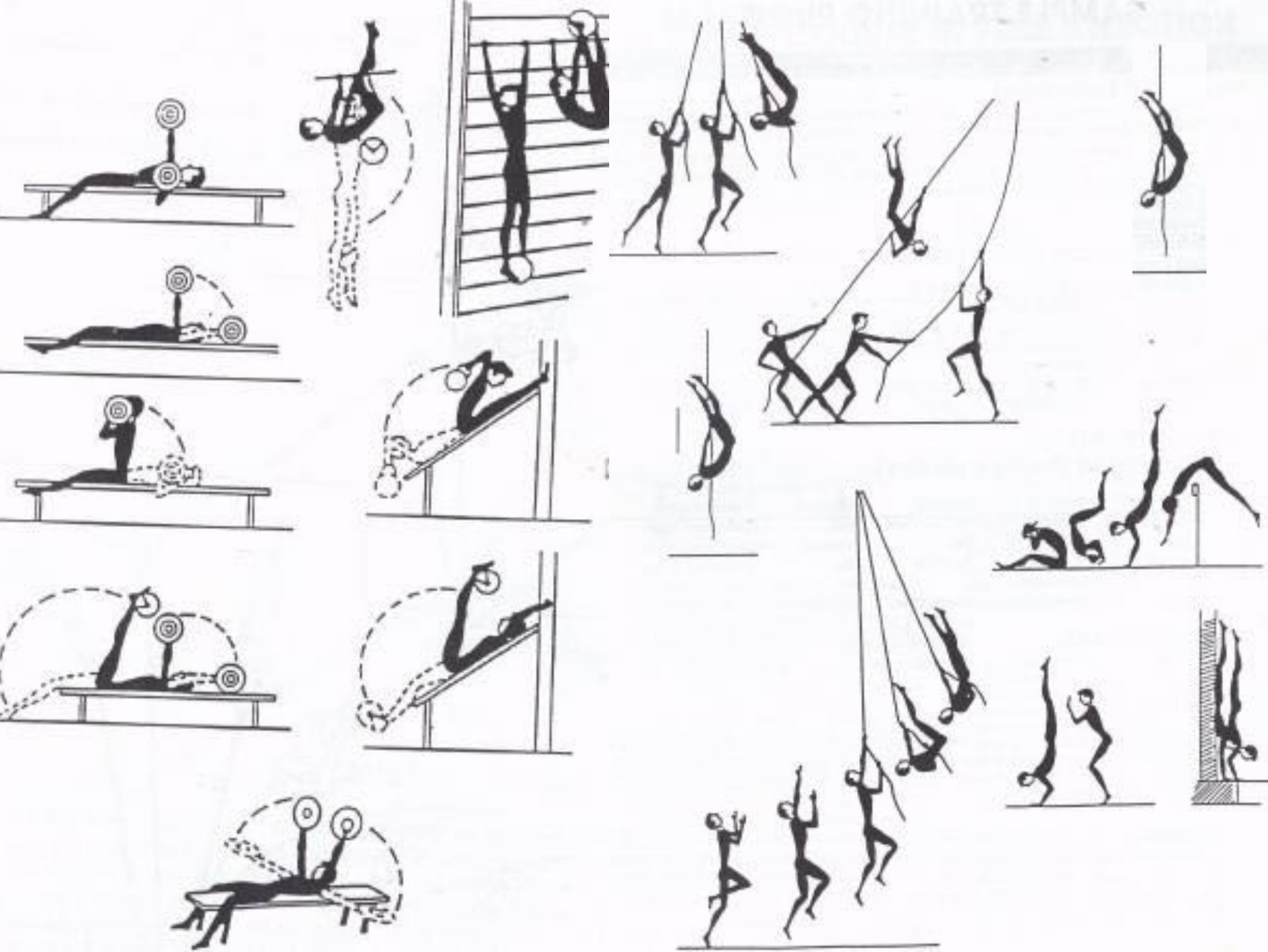


- Keep Arms Straight
- Use Lat's To Move Hips To Bar
- Use Pole Vault Grip

Wipers



- With Straight Arms Pike Body & Move Ankles From Side To Side
- Use Pole Vault Grip





QUESTIONS???



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2020 Camp Dates

- Kiss the Sky Summer Camp
 - June 21 – 25 @ Tonto Creek Camp
 - Junior High Groups
 - Beginners
 - Intermediate
 - Advanced
 - Coaches welcome