

Pole Carry & Plant

- Shoulder wide grip
- Top hand tight, bottom hand relaxed
- Bottom hand stays under pole elbow low
- Top hand starts on hip
- Shoulders stay square
- Relaxed carry, no pumping
- Pole tip drops 3-4 feet out
- Carry balanced, back arm stays 90 degrees
- Click on pictures to watch videos

Drills for Pole Carry & Plant

Daily Drills:

- Standing pole drop
(Start plant w/ tip at eye level, lift/flip/reach)
- Back and Forths
- 3 Step Plants
- Walking Plants
(Slow motion hands and feet)
- 3 Step Plants (no pause)
- Pole runs, pole runs, and more pole runs
(Relaxed, balanced pole carry)

Extras:

- Narrow grip pole runs
(Pole stays weightless)
- Overspeed pole runs
(Let pole drop and quicken)

Running Mechanics

- Big step back with take off foot forward, rock onto heel
- Sweep back foot- hips forward
- Body is set in a straight line position
- Powerful but slow rhythm to start (pushing)
- Stepping over opposite knee w/ dorsal flexion in feet
- Keep hips tilted forward (backside tucked)
- Run tall w/ a slight forward lean
- Rhythm quickens throughout
- Click on pictures to watch videos

Drills for Running Mechanics

All drills are done tall w/ slight forward lean-

Daily Warm Up Drill:

- Warm Up Strides (easy form running)
- Stretch (5-10 minutes)
- High Thr Exercises (10 sec holds, 10 lifts)
- Bouncing (toe up, bounce)
- Butt Kicks (cycling through)
- A Skip (step over opp. knee, toe up)
- Alternate Fast Leg (quick, but full range)
- Continuous Fast Leg (let off leg drag)
- Double Fast Leg (stay forward)
- High Skip (hips forward)
- Speed Round (upright, no cycle)

Extras:

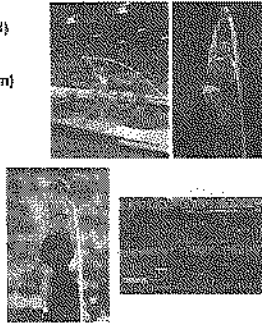
- Mini Hurdle Runs w/ Pole (once no pole is mastered)
- Mini Hurdle Jumps (to transfer to the runway)
- Hill Runs (30-50 meters)
- Hill Speed Bumps (hips forward)
- Speed Pulls w/ Pole (Minimize pole movement)
- Over Speed (start w/ small pull and increase slow)
- Activator Belt (fast leg series and sprints)

Plant & Take Off

- Plant starts w/ tip at eye level
- Top hand lifts w/ step to second to last take off foot
- Top hand wrist is flipped on contact of second to last take off foot, step is kept short
- Keep bottom hand under pole and let pole turn in hand
- Top hand reaches while stepping from penultimate to take off foot
- Lift-Flip- & Reach (Left-Right-Left, or RLR)
- Hips are driven over take off foot
- Keep top hand close to body, along bodyline
- Vaulter is almost off the ground and top hand as high as possible when pole hits back of box
- Click on pictures to watch videos

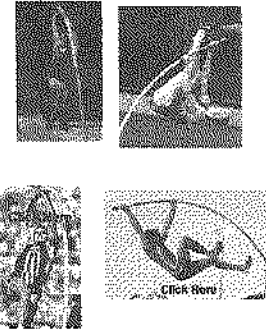
Drills for Plant & Take Off

- Hurdle Plant (pole rotates in front hand)
- Mini Hurdle Plants
- Two mat drill w/Pole (lift/tip/reach)
- Sliding Box (avoid blocking bottom arm)
- One Hander (reach, chest forward)
- Bending one hander (arm back)
- Cone Drill (lift to the cone)
- High reach drill (shoulder in ear)



Chest Drive and Swing

- Right arm high then back
- Keep left arm high with bicep in ear
- Drive chest as far forward as possible (C position)
- Trail leg stays straight and back far as possible
- After full C position is reached push left arm out
- Both arms then push out and down the pole
- At the same time the arms are working the trail leg is swinging
- The trail leg keeps swinging until feet are over the top of the pole
- Keep hands far away from body
- Click on pictures to watch videos



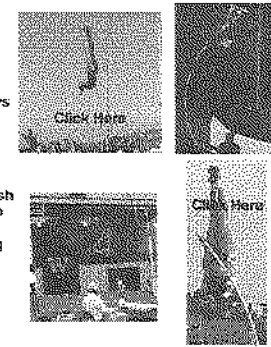
Drills for Chest Drive & Swing

- Pole Vault Swing (2 quick steps, chest forward)
- High Bar swing (push chest forward, push w/ hands and swing trail leg)
- High Bar w/ weight (once 10 is done)
- Wall Plants (take off foot close to ground)
- Push Plants (spot under armpits)
- Trail Leg Kick Back (keep leg straight)
- Trail Leg Kick Forward (kick and continue)
- Baton Drill (kick w/ trail leg foot)
- Straight Pole Swings (all the way behind pole)



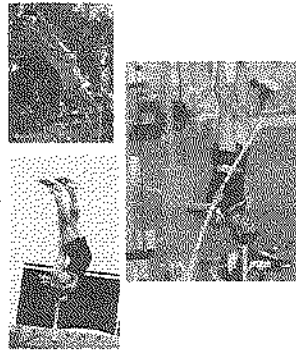
Pull/Turn and Push Off

- Drop Shoulders and Pull-1/4 Turn (Top arm stays straight & along leg) (Bottom arm collapses & stays along side of body)
- Keep pole between body and the crossbar
- Drive Heels back
- Top arm bends and pulls finish turn, keep right hand close to body
- Finish push off with top hand
- Click on pictures to watch videos



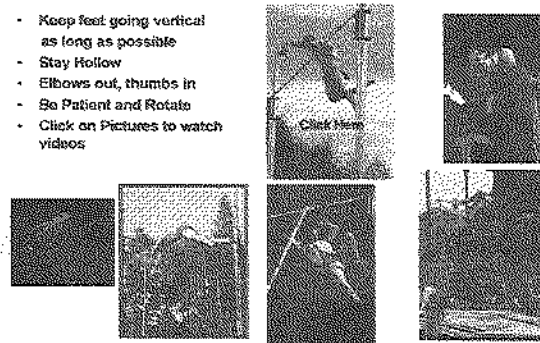
Drills for Pull/Turn and Push Off

- First Half Pulley (start w/ back flat, keep arm straight)
- Full Pulley (keep hands close to body, full 1/2 turn)
- Horizontal Vaulting Step 1 (finish w/ arm straight w/ top hand on leg)
- Horizontal Vaulting Step 2 (drop shoulders land on side, w/ top arm straight)
- Horizontal Vaulting Step 3 (follow through to stomach, stay in straight line)



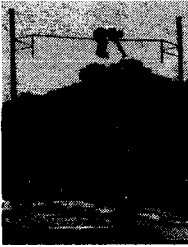
Bar Clearance

- Keep feet going vertical as long as possible
- Stay Hollow
- Elbows out, thumbs in
- Be Patient and Rotate
- Click on Pictures to watch videos



Drills for Bar Clearance

- **Bungee Crossbar**
- **Real Crossbar**



Good Luck This Season!

