

Basic Fundamentals for a Dynamic Take-off!

- Understanding the Pole Carry
- Body positions during the run
- Plant Check Points
- Body position during the take-off
- Pole Rotation

Pole Carry



- Where should the pole be carried...On the skeletal system with your arms like a sprinter
- Problems...wrist and shoulder flexibility
- closed hand drill
- sprint form drills with pole flat

Body Position during the Run

- Basic sprint form drills
- Basic skips
- A-drills (recovery of the heel)
- Modified A-drills or B-drills
- Understanding the role of the ankle joint

Basic Sprint From

Walking A's



Walking B's



Running A's



Running B's



Weight Progression



20/20 Drill



Plant Check Points



- One Step Plant Drill
 - Starting position
 - Movement sequence (hands first)
 - Unhinging movement



- Two step Plant Drill
 - Starting position
 - Top hand drive foot sequence
 - Movement into a One step plant

Body Position during Take-off



- Understanding the full position at take-off
 - Full drill
 - Full drill exchange
 - Full drill one step
 - Full drill two step
 - Full drill with a med-ball

Full Drill



Full Drill with exchange



Full Drill / One step



Four step Full Drill




