

**10 LITTLE THINGS
TO WATCH FOR, BE AWARE OF, AND USE TO GUIDE A VAULTER
TO HIGHER HEIGHTS
“RUN FASTER, GRIP HIGHER, GET ON STIFFER POLES”**

1. CARRY > Elbow/Wrist Position > Posture out of the Back
2. TIP MOVEMENT > Active with the Rhythm of Run > Pole Weight
3. BALANCE > FREE THE HIP > Control of the Tip in the last 8 Steps
4. PLANT > A SHORT STRAIGHT LINE to Vertical
5. PLANT > MAKE SPACE, Push Pole > Tension or Extension
6. PLANT > ELASTIC Properties > RELEASE THE SHOULDERS
7. PLANT > HEAD POSITION > To create “elastic shoulder movement”
8. FORCES > Direction & Application > PULL VAULTING > Elbow & Hands
The Three Verticals of the Pole Vault
9. ROTATION > Properties of the BEND & Pole Movement to Vertical

How to improve on these 9 points of emphasis, to get that 9-18 inches PR GO BACK TO THE BEGINNING > VAULT WITH A STIFF, NON-BENDING POLE Bubka > “The Straight Pole will HURT you, showing all weaknesses”

10. STEEL > Straight Pole Vaulting > Plant has TWO PARTS
 1. Pit Bump, Belly Bump, Pit Jump
 1. hands together tipdrag
 2. one fist apart tip drag
 3. two fists apart tip drag
 4. 3 fists apart pole carry
 5. 6 step steel, regular grip, full swing
 6. 6 step steel over bar
 7. 4 step takeoff Hurdle Board Block
 8. 4 step takeoff Hurdle Board Elastic
 9. 6 step short pole Blast Block
 10. 6-10 step short pole Blast Elastic >>>>>>>> then Swing

***** Stiff Pole Rotation will tell you how the vaulter is reacting to the pole striking the box. Its acceleration will make the body swing with fluidity. Its deceleration will show a breaking of the body. What a vaulter does on a Straight Pole is exactly what they will do on “Fiberglass”.**

The Continuous Chain >>>>

A Vaulter’s Technique is only as strong as its weakest link!

Carry effects Pole Drop effects Plant Rhythm effects Plant Extension effects Plant Elasticity effects Direction of Forces which effects Swing & Pole Rotation! Pole Rotation effects the Vaulter’s Parabola over the crossbar and effects the vaulter’s ability to hold higher or move to stiffer poles.