


















- 1  **High Jump Progressions**
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- 2  **Event Considerations**
 - Athlete differences
 - Phases
 - Technique
 - Documentation
- 3  **Athlete Differences**
 - Skill
 - Speed
 - Strength
 - Stamina
 - Flexibility/Mobility
- 4  **High Jump Phases**
 - Approach
 - Take-off
 - Clearance
- 5  **High Jump Set-Up**
 - Steps
 - Odd or even
 - Width & Length
 - Start & Turn
 - J, Hook, Flair
- 6 
- 7 
- 8  **Approach Technique**
 - First step
 - Consistency
 - Tempo

- Posture
 - Head, Pelvis, Arms
- 9  **Straight Steps**
 - Posture
 - Body Angle Changes
 - Horizontal Velocity
 - Consistency
 - Tempo
 - Rhythm
 - 10 
 - 11  **Turn Steps**
 - First step in turn
 - Initiating and Maintaining lean
 - Lowering CoM
 - Penultimate Step
 - Penultimate to T-Off
 - 12 
 - 13  **Take-Off Technique**
 - Take-off Touchdown
 - Take-off Amortization
 - Take-off Release
 - Vertical Velocity
 - 14 
 - 15  **Clearance Considerations**
 - Vision
 - Flight Path
 - Mobility

- Cutting
- 16 
 - 17  **Documentation**
 - Training Log
 - Coach & Athlete
 - Technique Evaluation Chart
 - Video