

The High Jump Approach

Rick Brading
Seaman High School

Is the High Jump the best event for the athlete?

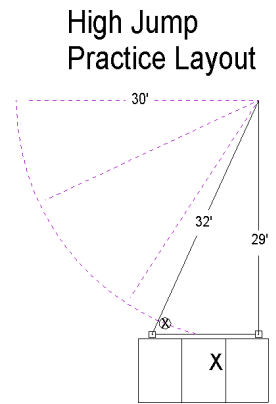
- Not all kids are good candidates for the high jump event.
- Why?
- Opening height
- It is our job as a coach to put kids in the best position for success.

A reflex action is more powerful than a conscious effort.

- Transform a conscious effort into a reflex action by repetition in practice
- Spend most of jumping practice time on the approach phase of the high jump.
- Practice does not make perfect. Need to practice the approach correctly.
- Athletes need a way to practice consistently and correctly.

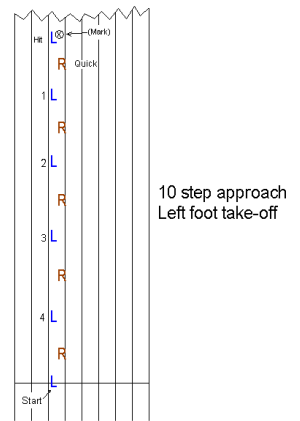
Layout the high jump apron for practice.....

- Set up landing pit and cross-bar... Mark the corners to realign when moved.
- Measure and mark arc (J approach) use athletic tape (See Diagram)
- I like the 30' arc. (all athletes) Keep it as simple as possible.
- You will probably need to mark left and right side arcs.



Establish steps for approach on the straight away.

- Run 10-12 step approach on straight away, no curve.
- Pair up athletes, one runs steps, one marks plant spot.
- Count down steps, counting plant foot only. 4,3,2,1,Quick, Hit(pop up off of plant)
- Run at least 10 times, marking the plant spot. (Don't let them look as they plant)
- Measure the most common plant spot. (This number will be transferred to J approach)
- Transfer straight away measurement to 30' arc on high jump apron. Establish take-off marks.



- Work approaches when jumpers are fresh. (10 X approach before any jumping)
- Work in spikes, no sweats, full effort. (like hurdling, difficult to be effective at less than full speed)
- Run tall in early phase of the approach, but come into plant "LOW, FLAT, AND FAST"
- The penultimate step should lengthen slightly to lower the hips (low).
- Then, the last stride should be shorter (fast), giving the hips a lift. (strike flat)
- Plant should be a flat foot, pointed at the far standard.
- Count down, only counting the plant foot striking the ground.
- 4,3,2,1,Quick, Hit! Create a rhythm. Fast but under control.
- Accelerate on the straight part of the approach, then maintain
- Speed through the curve. (leaning away from bar)

Things to watch for....

- Stepping out of curve
 - Pivoting, lose all benefit of curve
 - Lack of strength
- Cutting off the curve
 - Take off mark too far away
- Traveling too long down the bar
 - Stepping out, curve to wide.
 - (15-20* angle from bar is good)
- Stalling over the bar
 - Not enough speed
 - take-off plant is too far out

Taking your mark to the track meet site

All high jump aprons look different
By triangulating, you keep your start point the same
in reference to the bar, from practice to meet.
Consistency is the Key!

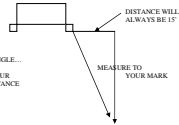
- Measure your practice mark in a triangle fashion
- Base of triangle.. 15' From inside of near standard in line with the bar. Mark with athletic tape.
- Measure distance from inside standard to your mark
- Measure distance from 15' mark to your take-off mark.
- Have these two measurements documented on paper
- Give paper to each high jumper to put in their bag
- Get two sets of 100' measuring tapes. (one for JV, one for Varsity)
- Emphasize the importance to locate the exact location of your take-off mark in reference to the cross-bar.
- Practice measuring.
 - Don't let the JV athletes skip this. Make it important.

**VIKING HIGH JUMP APPROACH
MEASUREMENTS**

BOYS

DUSTIN SHUGHART	69'	X	73'
DARRICK HOFFER	53'	X	59'
JOSH RATHBUN	45'	X	52'
GARRET KASL	61'	X	66'

BASICALLY YOU ARE MAKING A RIGHT TRIANGLE...
WITH A BASE OF 17' AND A HEIGHT
THAT IS THE DISTANCE FROM THE BAR TO YOUR
TAKE-OFF MARK. THE DIAGONAL IS THE DISTANCE
FROM THE INSIDE OF THE STANDARD
TO YOUR TAKE-OFF MARK.



Remember, once the jumper leaves the ground, there is nothing he can do to improve his jump height.

There are plenty of ways he can mess it up, but, once he leaves the ground, his center of gravity travels on a predetermined arc in the air.