

Skills and Drills of The Pole Vault

The number of Middle School and High School coaches who are knowledgeable in the pole vault is increasing. Because of clinics, clubs and camps, kids who are interested in the vault truly have a chance to learn. No matter how long you have been around, you can learn more and new things.

Skills that are looked for are speed, gymnastic backgrounds, hurdlers, long jumpers, aggressive personalities, and natural body control. The vault is an event that takes time and patience. Many people will try it until they realize the work that it involves to become competitive.

The drills that I will list are the drills that I have used. I have had people who were great at the drills and poor vaulters and also the opposite. There are no guarantees but becoming better at these activities should transfer over to a better vaulter.

These are drills that I use on beginner and advanced vaulters

1. Side to Side- long top arm, knee drive, long straight trail leg
2. Top Down- same as side to side, press top hand to opposite knee, "row" collapse bottom arm.
3. Down Up- short walk up or jog plant land on feet
4. Walking pole carry- top hand by belt level
5. Knees high walking- chest solid "Not drum majorette" and not leaning forward- pole will pull your upper body forward.
6. Jogging with pole- good body position
7. Running with pole- powerful knee, limited shoulder movement
8. Walking 3 step plant- count "one lift plant"—high top arm keep everything straight and high with good knee drive and good press from takeoff foot-keep head up
9. Jogging 3 step plant- same as #8 but quicker, keep arm close to body and bring the pole up.
10. 3 step resistant plant—high top hand keep pole away from body.
11. Push plant- keep body away from pole don't push away with bottom arm just keep away from pole- big lead knee and long straight trail leg.
12. Pop ups—landing on back- keep body straight on landing, row arms, sweep trail leg
13. Stretch cord plant- 3 step plant, plant high drop into split position, big knee, stretch back leg
14. Sliding box- early high plant, prepare approach distance and conditioning.

These are drills that I would use to get started. I will list more drills and strength exercises that may help you. Be creative and experiment.

1. Double bar rock backs—long arms, big drive knee, long trail leg
2. Under water vaulting
3. Bubka's—long arms keep body close to bar
4. High bar pop overs
5. Wall pole extensions
6. Rope climb races
7. Med ball presses
8. Scooter arm presses
9. Scooter leg extensions
10. Pull ups
11. Olympic lifts
12. Invert Machine