

High Jump Basics – Explaining the Event and Demands of The Event

- 1) High Jump
- 2) The Curved Approach and Its Purpose
 - a. Creating inward lean and centripetal force
 - b. Running a technically correct curve results in
 - i. High Vv off of the ground relative to the athlete
 - ii. Back rotating to the bar
 - iii. Fast somersaulting over the bar
 - iv. Short time spent over the bar
 - v. Overall efficient bar clearance
- 3) Approach Basics
 - a. Acceleration Phase – Overcoming Inertia (Newtons Laws)
 - i. Goal: to develop 90% of all horizontal velocity in these steps and to be upright in posture by the time the athlete hits their mid-mark
 - b. Transition to Curve – Developing Lean Over the Last 5 Steps of the Approach
 - i. How to transition from the straight portion of the approach to the curved portion is overlooked more often than not. How to do this is CRUCIAL since it sets up every stride into the plant. If this is not executed correctly many problems will manifest in the last 2 steps which may lead to injury.
 - c. Preparation for Takeoff
 - i. Making sure the last 3 steps into the plant are executed correctly
 - ii. Why the word “Penultimate” is overused and overcoached
 1. What SHOULD happen on the second to last step and what normally DOES happen on this step and how to fix it
 - iii. How to effectively set up the plant so that the rotations needed to clear the bar actually happen
 - d. Takeoff
 - i. What is required for takeoff?
 1. Strength
 2. Speed
 3. Ability to accept a collision at takeoff
- 4) How to Develop an Approach
 - a. How approaches used to be developed
 - i. A lot of guess work
 - ii. Usually didn't result in great technicians
 - iii. Great athletes verified a bad model in many cases
 - b. How I develop approaches based on the athlete
 - i. Athlete Speed
 - ii. Athlete Strength
 - iii. Athlete Experience
 - iv. Technical Mastery
- 5) How to train for the high jump in Part 2
 - a. What systems must be addressed
 - b. How to progress through a high school season