

COACHING THE HIGH JUMP

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Coaching the Components

- KISS IT
- THE APPROACH
- CURVE
- TAKE OFF
- ON TOP OF THE BAR/LANDING
- TRAINING (IF TIME PERMITS)

KISS IT IN PRACTICE!

- IT'S ALL ABOUT CONFIDENCE. ONE COMPLIMENT PER CRITIQUE
- THE RESULT IS INCONSEQUENTIAL. FOCUS ON THE PROCESS AS A COACH
- TEACH THE STUDENT-ATHLETE TO THINK BIG PICTURE

THE APPROACH

- MOST IMPORTANT PART OF THE JUMP FOR US
- CURTAIL THE APPROACH TO THE KID (5-11 STEPS)
- PUSH FOR 3 STEPS
- CONSISTENT (HIT ALL 3 MARKS)
- TEMPO (GAIN SPEED AS YOU APPROACH THE BAR)
- RUN PRETTY (TALL/RELAXED), KNEES UP/TOES UP

5 STEP APPROACH

- STRUGGLED ON TRANSITION FROM PUSH TO CURVE
- ENSURED A POWERFUL LAST 5 STEPS



SPEED APPROACH

- NOT RECOMMENDED FOR EVERYONE
- STRUGGLED WITH RYTHYM
- COULD HOLD THE SPEED



SMOOTHE APPROACH

- MOST RECOMMENDED FOR MY JUMPERS
- HELPS THEM DEVELOP A RYTHYM AND PROPER PACE
- MINOR THINGS CAN GO WRONG AND ATHLETE CAN FIX QUICKLY



THE CURVE

- TEACH HOW TO LEAN INTO THE CURVE
- MAINTAIN RUNNING FORM (KNEES UP/TOES UP, RELAXED)
- MINIMUM MAINTAIN SPEED, PREFERABLY INCREASE SPEED AS ATHLETE APPROACHES THE BAR
- AT BEGINNING OF CURVE, DON'T STEP OUT OR "CUT" TO THE BAR

CURVE TO TAKE OFF



PENULTIMATE TO TAKE OFF

- ON THE PENULTIMATE STEP, WE SHOULD SEE A LOWERING OF THE HIPS AND ARM(S) GOING DOWN TO PREPARE FOR THE DRIVE (LOAD YOUR GUNS)
- ON THE TAKE OFF STEP, THE DRIVE KNEE NEEDS TO BE QUICK BEHIND THE PENULTIMATE
- ROLLING HEEL TO TOE WILL HELP DRIVE KNEE GET TO PLANT KNEE
- OUR CUE HERE IS: QUICK, QUICK

TAKE OFF

- TAKE OFF 3-5 FEET AWAY FROM BAR, ABOUT 6-12 INCHES INSIDE NEAR STANDARD
- FOOT POINTED BETWEEN FAR STANDARD AND BACK CORNER OF THE MAT, (COMFORTABLE FOR ATHLETE)
- SHOULDERS PARRALLEL (OR CLOSE) TO BAR



TAKE OFF

- DRIVE KNEE ACROSS THE BODY AND AWAY FROM THE BAR
- CUE: STAY AWAY
- KEEP DRIVE HEEL CLOSE TO BUTT (REDUCES TOE DRAG, SPEED, AND IS A DISTRACTION TO THE JUMPER)



BAR CLEARANCE

- WE LOOK AT BACK CORNER OF THE MAT (EYES BACK)
- SQUEEZE BUTT CHEEKS (HOLD IN THAT FART)
- GET SHOULDERS TO THE MAT (SHOULDERS DOWN)
- TUCK CHIN WHEN YOU SEE HIPS OVER BAR (SNAP CHIN)



KISS IT IN MEETS!

- HAVE BUZZ WORDS: PUSH, RUN PRETTY (TALL/RELAXED), LEAN, LOAD
GUNS, DRIVE: ARMS/KNEE, SHOULDERS DOWN
- FIX ONE THING PER ATTEMPT!!!!
- FIX WHAT YOU'VE PRACTICED

TRAINING

- TRAIN JUMPERS TO JUMP (HURDLE HOPS, BOUNDING, DUNKING)
- SHORT SPRINTS FOR WORKOUTS (200 IS AS FAR AS WE GO), IF THEY ARE ONLY JUMPERS