

“Teaching Progression for Beginners in the Pole Vault”

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Philosophy

- Safety considerations
- Balance between technical and fun
- Importance of run and plant

Practice Session #1

- Pole grip and carry lesson
- Pole Runs – Demonstrate proper technique.
 - Shoulders square
 - High knee action with tall posture
 - No “stabbing” action with pole
- Three-step plant
 - Explain importance of building speed and then planting smoothly and effectively in order to execute a good takeoff.
 - Demonstrate hand positions at each step and have athletes mimic.
 - Lift position, And position, Pop position
 - Work on Lift, And, Pop sequence with feet still.
 - March in place – 2, 1, Lift, And, Pop
 - Walking –2, 1, Lift, And, Pop
- One-step sand vaults
 - 3 feet back from sand. Reach up to grip height.
 - Demonstrate correct takeoff foot.
 - Demonstrate correct side of pole.
 - Drive lead knee and swing takeoff leg long.
 - Keep top arm straight. Do not pull-up!

Practice Session #2

- Review
 - Pole grip and carry
 - Pole runs
 - Three-step plant positions and names
 - Marching in place plants
 - Walking plants
 - High knee plants
- 0 step sand vaults
- 2 stride “stretchers” with $\frac{1}{4}$ turn into pit.

Practice Session #3

- Review
 - Pole grip and carry
 - Pole runs
 - Three-step plant positions and names
 - Marching in place plants
 - Walking plants
 - High knee plants
- Chalk box plants on track
 - Teach them how to mark a takeoff point and run back a 2, 1, Lift, Pop.
 - Have them run the approach while counting out loud and plant into the chalk box.
- 2 stride “stretchers” with $\frac{1}{4}$ turn into pit

Practice Session #4

- Review
 - Pole runs
 - Marching plants
 - High knee plants
- Chalk box plants on track
 - 2, 1, Lift, Pop
 - Measure it and transfer to runway
- Vault into pit with 2, 1, Lift, Pop approach.
- Transition from USD takeoff drill to KU connection drill

Practice Session #5

- Use Practice #4 sequence
- Gradually move into using the sliding box instead of chalk.
- Gradually work on executing turn at the end of the vault.
- Gradually introduce a bungee.

Considerations

- Don't get in a hurry to bend poles. Vaulting on a straight pole forces good takeoff technique. Also, don't worry about the left arm position. It will straighten as grip height increases.