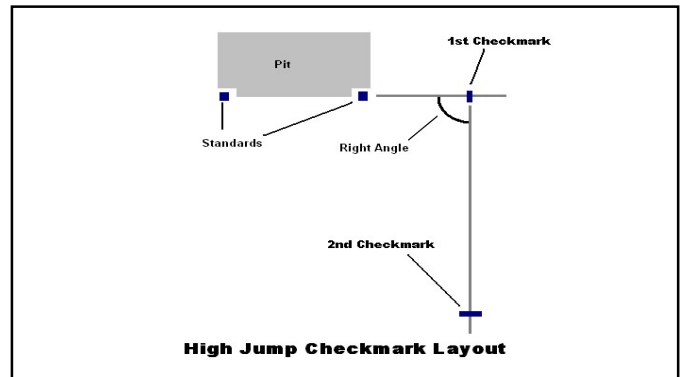


Boo Schexnayder

Laying Out and Teaching the High Jump Approach



Approach Mechanics

- Advantages of the Curve
 - Tangential Forces
 - Lowering the Center of Mass
- Advantages of the Straight
 - Consistency
 - Momentum Development
- Combining the Two
- Approach Length

The Checkmark System

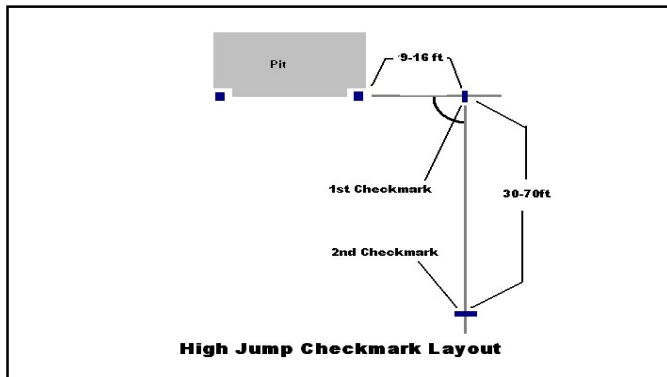
- Establishing the First Checkmark
 - Norms
 - Key Variables
 - Educated Guesses
- Establishing the Second Checkmark
 - Norms
 - Key Variables
 - Educated Guesses and the Rule of Ten

Biomechanics of the High Jump Approach

A photograph showing a high jumper in a yellow shirt and black shorts running on a red track. The jumper is in the middle of their approach, leaning forward. In the background, another person is visible near a high jump pit, and there are stadium lights and a fence.

Naming the Steps

- 10 Step Approaches
- 8 Step Approaches
- 12 Step Approaches

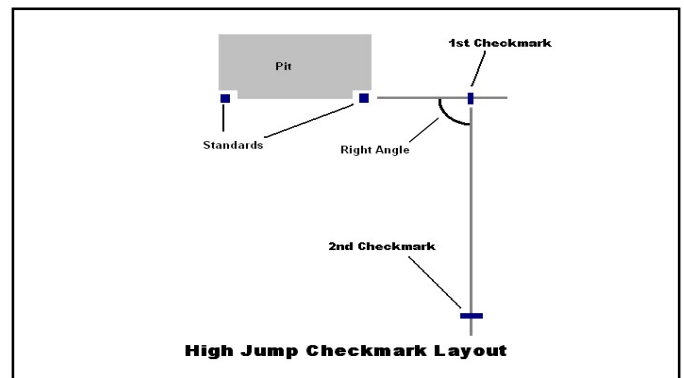


Establishing the Approach



The Checkmark System

- Figuring the Approach
- Establishing the First Checkmark
- Placement on the Line
- Step Counting
- Adjustment

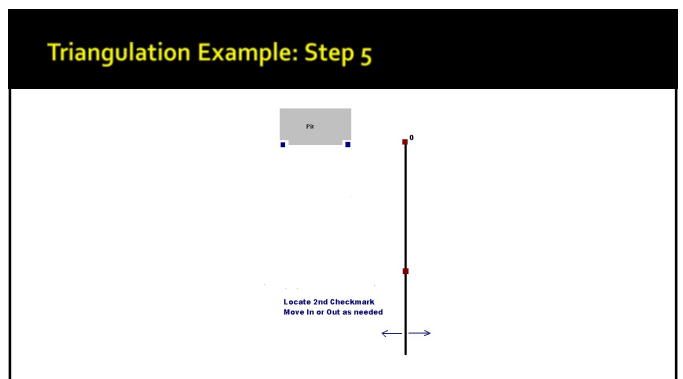
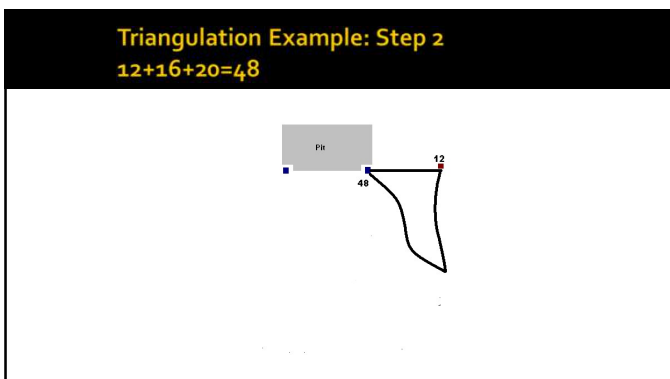
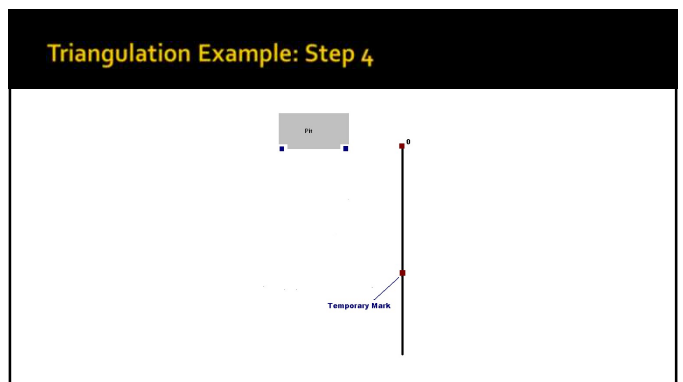
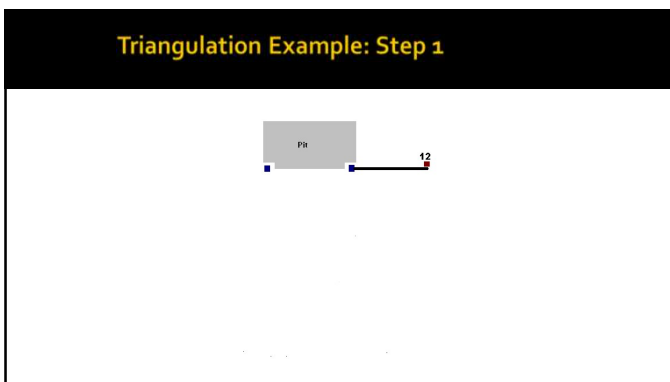
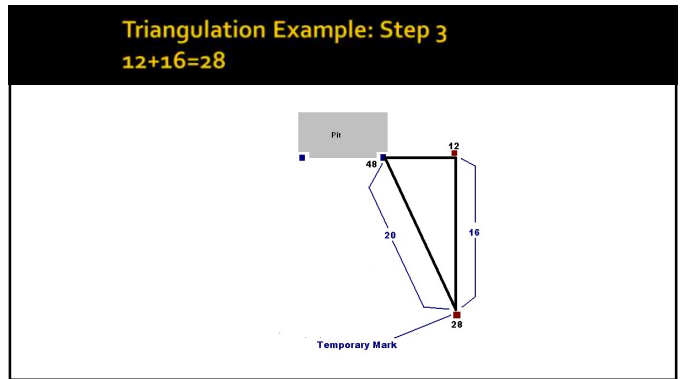
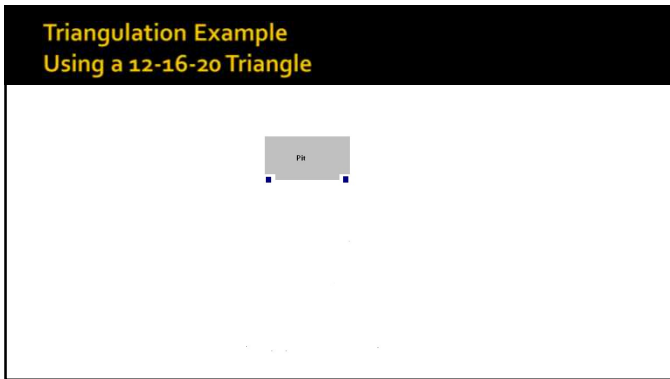


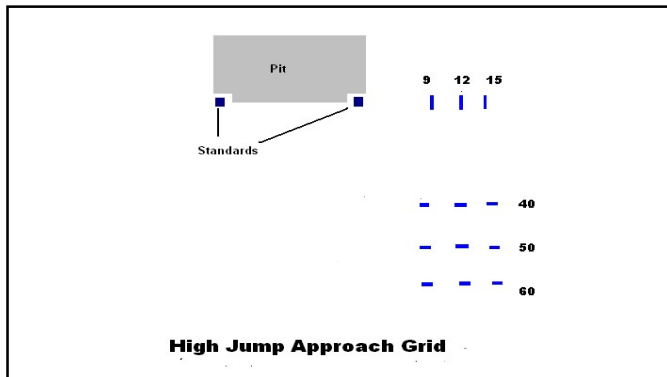
Running Through



The Checkmark System

- Establishing the Right Angle
 - The Right Triangle
 - The 3 : 4 : 5 Ratio
 - 9, 12, 15 (9, 21, 36)
 - 12, 16, 20 (12, 28, 48)
 - 15, 20, 25 (15, 35, 60)

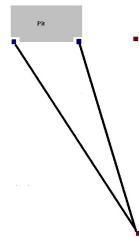




Teaching the Approach

- Teaching the Transition into the Curve
 - Initiation of Turning on the Inside Foot
 - Hip Axis Turning
 - Establishment of the Curve on the Outside Foot
 - Running the Curve on the Inside Foot

The Double Tape System



Teaching the Approach

- Teaching the Curve
 - Outward Pressure and Body Lean
 - Shoulder Alignment
 - Foot Placement and Alignment

Teaching the Approach

- Teaching the Drive Phase
 - Momentum Development
 - Establishing Posture
 - Length
 - Distribution

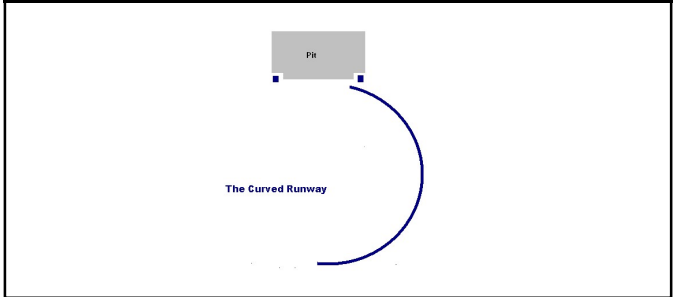
The High Jump Approach



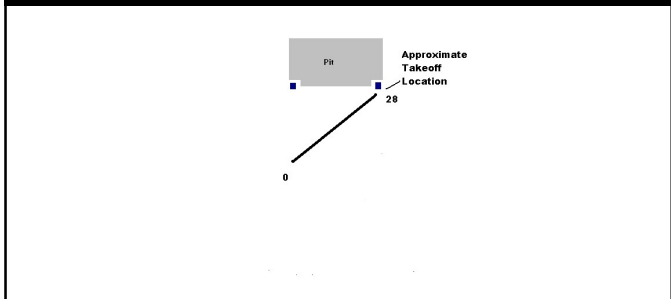
Teaching the Approach

- Teaching the Initiation and Curve
 - Serpentine Runs
 - Semicircle Runs
 - Takeoff Drills on the Semicircle
 - Skips for Height
 - Skips for Distance
 - Repetitive Takeoffs

Establishing a Curved Runway - Step 3



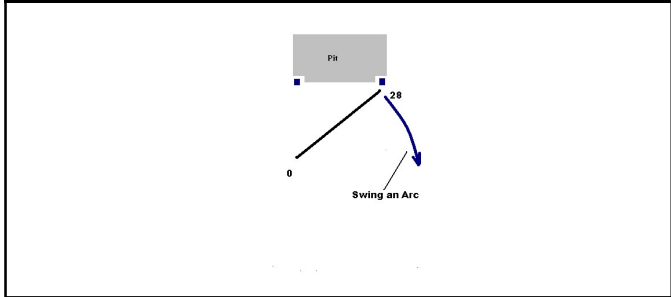
Establishing a Curved Runway – Step 1



Semicircle Runs



Establishing a Curved Runway – Step 2



Serpentine Runs



Skips on the Curved Runway



SAC

Schexnayder Athletic Consulting



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Run-Run-Jump on the Curved Runway



Short Run Jumps on the Curved Runway

