

KEY POINTS TO LOOK FOR – HIGH JUMP

Take off Spot – Starting Spot – Adjust for Individual Jumper

Girls and Young Boys: From the standard, 3 feet in & 2 feet out from Bar.

Boys: From the standard, 2 feet in & 3 feet out from Bar.

PLANT

Take off foot: pointing to the far, back corner of the pit.

How close to their Take Off mark.

Worst-pointing at far standard. Spend too much time over the bar & land close to the edge of the pit.

Inside Shoulder- closest to the bar, slightly pointing towards near standard,

Or pointing at the bar, worst-ahead towards far standard.

Outside Shoulder- furthest from the bar, slightly leaning away from the bar,

Body vertical, worst-leaning into the bar

Body straight with Arms-Double blocked and Hands going to outside eye.

Do not like One Arm Point-leads to leaning into the bar.

Look to the Top of the bar.

Take off – air

Think of reaching up, grabbing an object and pulling your chest/hips up to it.

Drive the inside knee up, across the body & above the Bar. Then bring other knee up to meet. If the knee is not lifted up and allowed to drop, the legs will hang down while the upper body is over the bar and the individual will knock off the bar with their legs. Body looks like an upside down “J”.

Feet must stay Dorsiflexed, hooked. If Plantarflexion, pointed feet occurs, the heels will go under the bar and knock it off.

Press on Top: Squeeze the butt cheeks together and push the Thighs up. Really good jumpers that “Press on Top” always have their feet & knees turned out.

Hips: where are the Hips at the Height of the Jump. Before, Over, After the Bar.

Keep the Head Back: Simple principle: Head up, Butt down.

SEQUENCE

The High Jump **Must** be performed in the following sequence.

Approach – Take Off – Clear – Land

The **Biggest Mistake** young or low jumpers do is jump/lean towards the bar on Take off. They are thinking going over the bar and not Up.

Have an athlete stand at their take off mark. Have the bar at 5'10" for Girls & 6'10" for Boys. Ask, "What do you have to do to get up there?"

Answer: Take it UP. Ride the Take Off UP. Be Patient.

In order to be a good jumper, a jumper has to be **Patient**. The higher the jumper goes, the **more Patience** they must have on the take off and clear. They must stay in the vertical position longer on the take off and hold the Press or arch longer over the bar. The higher the jumper goes, the more **Speed** they must create so not to **Stall Out** over the bar. They should move back their starting spot the higher they go. If I remember right, all of my State Jumpers were 2.5 - 3 seconds. From their first step of their approach to final Take off Step.

But you will never get them to be a good jumper if they do not have a consistent approach. The approach starts it all.

FINAL THOUGHT

HJ'ers need to practice Drills every day during the Month of March. Then jump practice or drills three times a week, not including meets, if you want to develop good, consistent jumpers.