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High Jump
Clinic Outline 2015

I. Warm up

a. Flexibility- We will perform a basic warm up routine to prepare various muscles/joints for the ballistic activity of high jumping
b. Static vs. Active stretching
    i. Majority of our warm up will be active to prepare our muscles for the quick "full stretch/contraction". Focus is range of motion throughout all our joints.
    ii. Static stretching is done if needed, however the majority of our static stretching is completed during our cool down phase

II. Hurdle Mobility Routine

a. Overs
b. Over Under
c. Side scissors with both bent knee and strait leg
d. High knee pop ups over hurdle (focus on knee drive AND trail leg reaction)

III. Approach

a. WHAT/WHY/HOW:
    i. Length of approach is determined completely on the abilities and progress of the jumper. "Usually" between 8-10 steps.
    ii. Speed is great to have as a high jumper, HOWEVER if you cannot control the speed you won't be controlling the takeoff/jump. You are a sprinter….you need to have that bounce, foot placement and ankle dorsiflexed, posture, acceleration control…. Sprint MECHANICS is a must
    iii. The curve in the run is very important! It assists in creating the needed angle for take off. AVOID using the word turn. A turn is "putting on your blinker" a curve is bringing you in to the inside gradually. This curve is generated by speed, body posture, and angles. NOT every athlete initiates their curve on the same foot or same number of step, again many factors come into play to determine this…..but a good rule to start with is on the 5th to last step. The curve varies on what your coach believes as well as what the athlete is capable of doing. Whether to turn on the outside foot or inside foot is always up for debate. I always suggest teaching the outside foot so that the athlete can think of the pushing inward/running the curve.

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iv. ANGLES: whether you like math and science or not doesn't matter. What becomes key is that you UNDERSTAND angles and basic science. Become a student of the event and study the "why" of the angles that need to be created to gain not only knowledge but also confidence in your approach and take off.

v. The best way to work the approach rhythm is to utilize the scissor jumps to attain stretch at lift.

IV. **Set-up**

a. WHAT/WHY/HOW
   i. The set up of the jump is emphasized at the second to last step…..PENULTIMATE step. This allows for the lowering of the center of mass to assist with the "catapult" like action of the last step/takeoff. Also it assists with the hips being accelerated forward for the lift over the bar.
   ii. Foot positions on last two steps…think pull push motion or think paddling of a scooter/skateboard
   iii. Body angle
   iv. Last step "stepping in the bucket" vs. hips moving over foot
   v. Knee drive with foot placement

V. Arms

The arms are needed to assist with the takeoff and flight path of the jump. There are two styles of arm actions, the single arm and the double arm.

a. Double Arm:

My preference is the double arm. The athlete will begin to prep the arms in unison the third to last jump by the penultimate step the arms are working together at which time them are drawn backwards and out "conducting the band" at the time the plant foot strikes the ground and knee drives upward the arms are driving and "blocking" with the knee. I like to say that pretend there is a string attached to the elbow and attaches the other end at the knee. The elbow and knee will work together for the upward drive

b. Single arm

Not my favorite especially for the younger athlete. In this the arms remain in a sprint manner. At take off the inside arm drives upward and over the bar. When I teach this I style I like to tell the athlete that the arm drives upward not to far from ones face/head. As they begin to cross over the bar the hand becomes "palm up". An advantage of this style is to assist with hip rising and shoulders dropping for those athletes that

struggle with the feeling of falling back to their shoulders. Again, not my favorite for beginners, particularly because I find that many beginner jumpers tend to "throw" the arm over the bar rather than drive it upward to aid the jump.

VI. Technique Over The Bar

a. Short approach jumps with low bar for beginners allows the athlete to focus on body positions rather than clearing the bar. Utilizing 2 step, 4 step and 6 step approaches.
b. Drive knee upward followed immediately with a trail leg driving upward.
c. Knees rotate outward allowing for the hips to rise from the hip joints rotation
d. Shoulders drop to mat
e. As hips are clearing the chin lifts to chest to assist the leg clearance with the "rolling" over the bar. Stress the ROLLING over the bar and not FOLDING on top.
f. Keeping body as small as possible will allow for a quicker rotation around the bar.
g. Ground pops, ground side pops, center run pops, box pops, high jumper layouts

VII. Training

a. You are a sprinter, train like one
b. You are a jumper, train explosively
c. Seek assistance to have a trained adult observe your lifting skills are correct
d. Seek assistance to have a trained adult observe your plyometric and bounding routines for proper mechanics/skills

VIII. YOU ARE A HIGH JUMPER…..

a. Everyday you can at least walk out your steps and do your imaginary high jumping. Train your brain to focus! This event is a focus and body awareness event. Know what you want it to look like, what it should feel like, and then attempt to perform the skill as you see it and feel it in your mind.