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POLEVAULT UNIVERSITY
PRESEASON CAMPS

Winter Camp
Summer Camps
Fall & Winter Weekend camps

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Ideas I am presenting comes from:
 years of questioning my own ideas/methods.
 using camps to gain insight on better ideas.
 implementing these at the camps, KU & Neb.

One camp we evaluated their Swing-up
 50% of the campers demonstrated good trail L.
 They had a pretty trail leg but...
87% of that 50% had poor hip swing???
 84% of them had a poor plant
 95% of them had a poor takeoff

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Next year's camp we did a survey
 To vault high I should focus on:

1. Swinging-up
2. Pulling Obvious Tech.
3. Pushing-off Components
4. Clearance style
5. Planting high
6. Running fast Discrete Tech. Components
7. Pole carry
8. Jumping at takeoff

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When we emphasized the obvious comp.
They executed them .25 to .50 seconds early
Swing-up suffered

When we emphasized the discrete comp.
They executed them on time to .20 secs late
Swing-up improved

Earlier use of bar - Less tech improvement
Later use of bar - More tech improvement

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Technical Phases

- Approach
- Plant
- Takeoff
- *Follow-thru
- Swing-up
- Invert thru Release
- Clearance

Allexis Phases

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"Positioning Yourself to Learn"

"To learn, you must be engaged mind, body and heart."

- Physical Positioning (body)
- Emotional Positioning (heart)
- Mental Positioning (mind)

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"Positioning Yourself to Learn"

"To learn, you must be engaged mind, body and heart."

Physical Positioning (body)

"Placed in the right position and given the right cue the body will do what you want it to."

Posture – sprinting, planting, taking off

Ankle Position when sprinting

Hip Position when sprinting

Plant Position – start and finish

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*Emotional Positioning (heart)

"Emotions supply the energy and determination."

Dread

Disengaged (Satisfied, disinterested)

Fear or feeling of insecurity

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Mental Positioning (mind)

"The proper cues give us greater access to the body's miraculous nervous system."

Concept Cues Clues Concentration

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*4C's of Learning to Jump

CONCEPT

What am I trying to accomplish
How will I execute the skill
Why should I do it this way

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*4C's of Learning to Jump

CUES

Word or phrase use to describe
Cue creates mental sensation
Turns on the proper muscle groups
Shuts down the improper groups

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*4C's of Learning to Jump

CLUES

Drills – a clue to how it should feel
Reps breathe life into the cue
Transference of drill into the vault
Drills don't make transfer automatic

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*4C's of Learning to Jump

CONCENTRATION

- Conscious execution when vaulting
- Transfer feel of drill to the vault
- Reframe tech. objective and feel
- Create incentives for better concent.
- Use and understanding of Various LC's

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Concentration

Concentration is an athlete's ability to shut out distractions and maintain his/her focus on the present task. A Narrow Internal Style of Concentration is essential to succeed in the Pole Vault.

- Broad or Narrow Focus
- Internal or External Focus

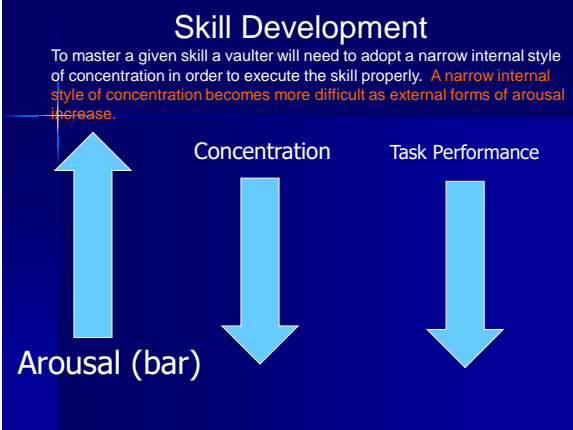
- Broad External - QB
- Narrow External - Batter
- Broad Internal – Beginning Vaulter
- Narrow Internal – Experienced Ver

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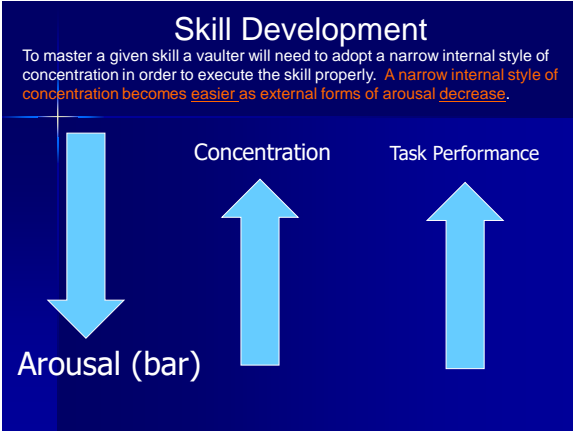
Narrow Internal – to learn new skills

- To develop this style
 - Slow motion mimicking of part of vault
 - Blind drills (feel the positions and actions)
 - standing plants
 - walking plants and even box drills
 - jogging plant-takeoff
 - Box Inverts

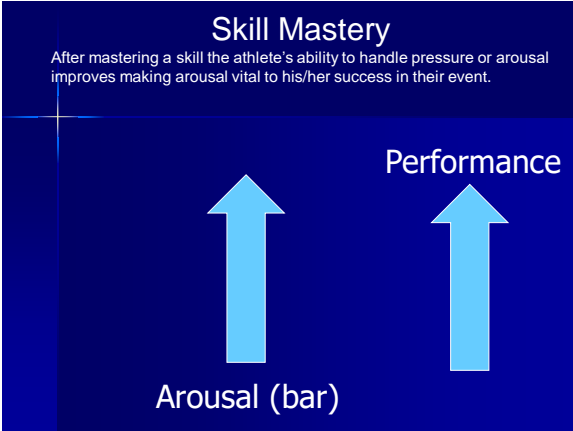
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Create an on deck box at practice to begin their routine before vaulting.

If they are talking to a teammate when stepping on the runway they lose their turn on the runway.

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Phase Progression

Good early season – before using a bar

The goal is to execute a set of skills properly before going to the next

Each athlete may work on something different than his teammates

Approach – 5 x Quicken Rhythm

Plant-takeoff – 5 x Perfect Plant / takeoff

Swing-invert – 5 x Good Drop & Close

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PHD's

Vaulter must earn the right to vault at a higher bar by completing a task

The task is to clear the bar and execute a specific skill correctly x ?

Each athlete may work on something different than his teammates

5,4,3,2,1 PHD (10 strides) 3,1,1 PHD (long run)

- | | |
|----------|-----------|
| 5 x 9 | 3 x 11 |
| 4 x 9-6 | 1 x 12 |
| 3 x 10 | 1 x 12'6" |
| 2 x 10-6 | |
| 1 x 11 | |

The next practice the athlete should start 6 inches higher than the last session

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Tandem session

During the vault session each vaulter will go through 2 or 3 steps for each vault.

He/she will do a series of drills then vault and if possible see the replay

The drills will be determined on what the vaulter is focusing on that day

Drills

5 Wall Plants

1 or 2 x Sliding box drills (tip drill)

Vault PHD

Video ? (if possible)

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Learning Concepts (LC's)

Understand Obvious Skill Component of event

Throwing hard - Javelin

Swinging & Pulling – Pole Vault

Anticipation creates pretension

Pretension for Springing upward at takeoff & Closing off

Overly Anticipating causes early initiation

High emphasis creates anticipation and .2 to .45s early exec.

Early execution interrupts important components

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Learning Concepts (LC's)

Focus shift and pretension

Focus on an action creates pretension (eg. Spring-up)

Shifting your focus to another action will change pretension
(eg. Spring-up to Swing-up)

TJ - Bouncing up off the runway to Reaching for distance

Understand the proper execution (concept)

Understand the cause and effect

Early swing-up causes low takeoff & pole sinks/overbends

Good Spring-up, reach-up and stretch-up initiates.....

A powerful ELASTIC SWING-UP

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Learning Concepts

Cue the cause not the affect

Close-off angle of torso and top arm instead of get feet up

Spatial Perception and Adaption

Steering into takeoff or targeting the drop of tip into box

Roll of short run jumps

6 to 10 strides not for max. height or distance / competition

What effective for a short/slow run is wrong for a long/fast run

Lunging forward is more effective with a short/slow run

Forced swing-up is more effective with a short/slow run
