

**Common Errors and Corrections in the pole vault**

Brian Hancock  
Head Track and Field Coach  
Battle High School




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### PRESENTATION GOALS

- Help your vaulters stay safe and vault higher
- Develop an understanding of the cause and effect that occurs in the pole vault
- Identify mistakes common among high school pole vaulters
- Develop interventions to implement with your vaulters
- Gain a different perspective on how to coach the pole vault




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### MY BACKGROUND

- High School at Monroe City
- Mizzou Pole Vaulter (06-11)
- 2 years Coaching at Mizzou
- 2 years of Post-Collegiate Vaulting
- 11th year Coaching at Battle High School
- Coaching Influences
  - Dennis Hancock, Todd Cooper, Rick Attig, Alan Launder,
  - Dan Lefever, Rick McGuire, Brett Halter




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### Recruiting "ATHLETES" for the Pole Vault

- Good athletes tend to make good pole vaulters – seek out good athletes, but never turn down a motivated athlete
- Speed makes every event better, including the pole vault
- Rookies aren't always a bad thing
- Coachable and resilient athletes wanted
- With males, the break throughs sometimes don't come until junior year



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### Involving Athletes in the Coaching Process

- Critical for athletes to understand the event
- Develops:
  - Confidence
  - Ownership
  - intrinsic motivation
  - Independence
- Helps them understand the "why"
- Collaborate with your athlete
  - "What happened on that vault?"
  - "What did that vault feel like?"
  - "What do we need to do better on the next vault?"
  - "What do you think?"



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### Everything is Connected

When coaching understand:

- It takes a couple years for athletes to develop "feeling" in the vault
- Not every drill or position in the vault is attainable/necessary
- Don't be afraid to adapt the model to the athlete
- When coaching treat the cause not the symptom
- Every movement is important
- Athletes need to exaggerate to correct
  - "If it feels normal, nothing changed,
  - "make it feel different"



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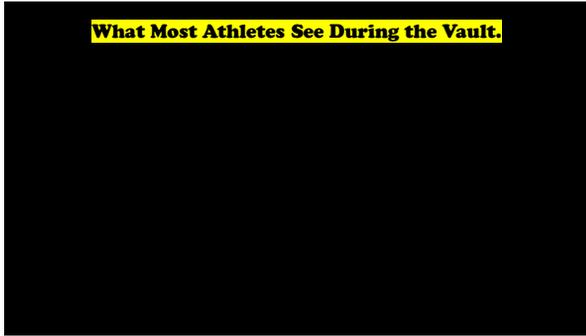
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**What Most Athletes See During the Vault.**



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**How you carry the pole matters**

**• Pole Carry Position**

- High and tight to body
- Relaxed
- Across Body
- Grip with right
- Relaxed with left
- Low "Left Elbow"

**• Problems due to improper pole carry**

- Locked left arm/grip – can't drop pole effectively
- Pole too far forward can cause vaulter to lean forward on approach
- Pole too far forward can cause vaulter to over stride



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**The Approach and Pole Drop**

**• Points of Emphasis**

- Push to Tall
- High knees
- Tall posture
- Progressive Run
- Left arm high, elbow down, right hand moving upward
- Gradual Pole Drop
  - Vertical until 5
- Utilize mid mark and take off mark
- Pole parallel with ground at "lift"
- THE GOAL IS TO ARRIVE AT THE PLANT/TAKEOFF AT:
  - MAX VELOCITY
  - UNDER CONTROL
  - AND IN POSITION TO JUMP/PLANT



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Tall Posture  
 High Pole at start  
 Gradual drop, under control  
 In position to plant and take off

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### The Approach and Pole Drop Common Errors

#### Problems due to improper approach

- Slowing down at takeoff
  - Approach too long
  - Starting too fast (for longer approaches)
- Backside mechanics can cause forward lean
- Over striding can cause a late plant
- Not counting can cause plant issues

#### Problems due to improper pole drop

- Pole Drop too early
  - Lean Forward
  - Overstride
  - Under at take off
  - Planting forward
- Pole Drop too Late
  - Late Plant
  - Braking at take off



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### More Drills to correct pole carry, pole drop and approach

- Pole Runs, Pule Runs and More Pole Runs
- Standing pole drop
- Continuous pole drops
- Pole runs into a cone
- Flying 10's with pole
- Rotary runs (wickets) with pole
- 20-20 drills
  - 20 strides in 20 meters
- Single arm pole runs
- Sprint drills (with and without pole)



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### Pole Runs, Pole Runs and Pole Runs



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### The Plant and Takeoff – *the crux of the vault*

Points of Emphasis

- Start lifting 4 stride from takeoff (pole parallel to ground)
- Move hand in front of armpit and behind the ear
- left hand high
- load on the penultimate (proactive takeoff)
- Last step underneath the hips
- Right arm FULLY extended and above the toes
- Eyes up, chest tall
- On the toe before the poles hits the box
- Left wrist under the pole
- Press up with both hands



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### The Plant and Takeoff Common Errors

<ul style="list-style-type: none"><li>• Late Plant</li><li>• Forward Plant</li><li>• Early plant</li><li>• Squatting at take off</li><li>• No jump at takeoff</li><li>• Over Stride</li><li>• Braking at takeoff</li></ul>	<ul style="list-style-type: none"><li>• Left wrist on side</li><li>• Chin down</li></ul>	
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### Drills to Correct the Plant and Take Off

- Standing Plants
  - Slow and fast
- Wall Plants
- Walking plants
  - Freeze and reverse
- 2 Step Plants
- Over the tip drill
- Pole runs
- Sand Vaults (3-4 lefts)
- Straight pole drills
- A frame drill
- Long jump take off drills
- Gallops



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### Row, Swing, invert, AKA the Rest of the Vault

Points of Emphasis

- Follow through the takeoff
- Keep right arm extended through the swing
- Row with the right and the left
- Swing a long aggressive left leg
- Extend the body to the cord
- Row/swing the right knee to the top hand
- Hips keep moving through the vault
- Goal is to be fully inverted with a slight bend remaining
- The turn is a part of the swing
- Turn with the feet (not the arms)
- Loose sight of the bar



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### Swing and Invert Common Errors

- Pulling on the pole
- Tucking the left leg
- Forcing the backwards C
- Swinging too early
- Pushing too long with left arm
- Hips too low when the feet get to the pole
- Turning with arms
- Watching the crossbar



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### Drills Aid/Correct the Row/Swing/Invert

- Single arm straight pole inverts
- Straight pole inverts (with turn)
- Straight pole completions
- Rope vaults
- MB slams paired with vaults
- Floor inverts
- Kicking bungies
- Vaulting with a crossbar



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### Miscellaneous Coaching items

- Standards at 80cm
- Limited Video
  - Work on developing a feel for the vault
- Short approach vaults
  - Keep track of short approach PR's
- Explain the why
  - Build understanding and independence



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Thank you!

Brian Hancock  
[bhancock@cpsk12.org](mailto:bhancock@cpsk12.org)



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