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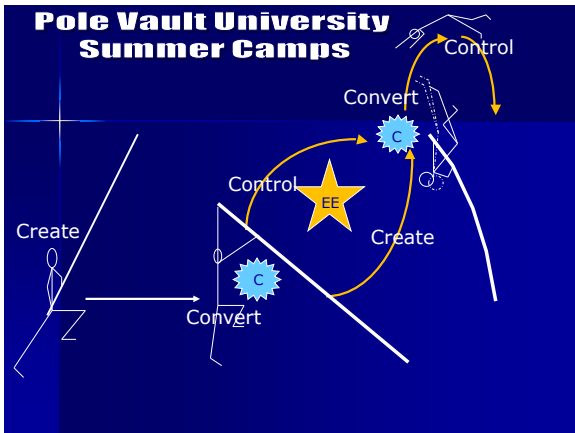
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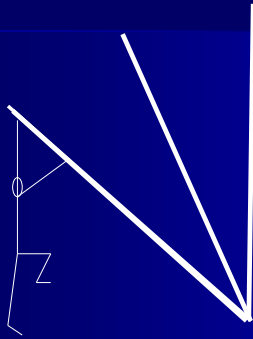
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Grip Height is a result of creating **POLE ROTATION SPEED**



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Pushoff Height is a result of **FLY-AWAY SPEED**



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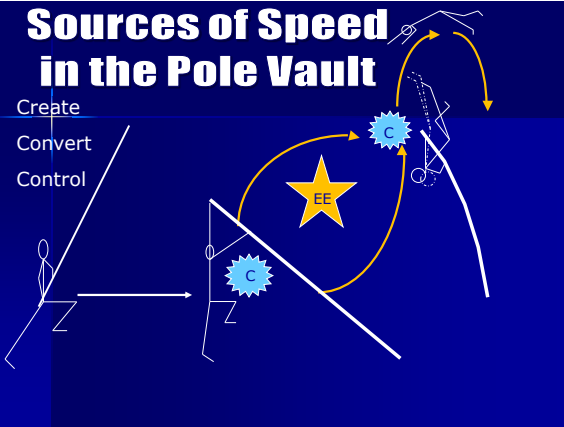
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## Sources of Speed in the Pole Vault

Create  
Convert  
Control



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# Technical Phases

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

Show Video

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# Approach

- Use a grip and carry that aids approach speed.
- Use a sprint technique that maximizes speed.

Hand-spread  
Pole Drop

Strong Open Stride  
High Knee Lift

Stride Rhythm

Sprint tall into takeoff

Increase rhythm into takeoff

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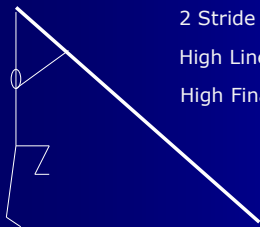
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# Plant

Reach high to maximize plant angle.

- Carry position and drop of tip
- 2 Stride Plant Timing
- High Linear Plant Path
- High Final Position



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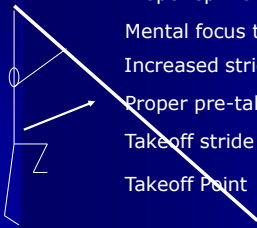
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# Takeoff

Spring-up to push the pole towards vertical



- Proper sprint technique
- Mental focus to spring-up
- Increased stride rhythm
- Proper pre-takeoff stride adjustment
- Takeoff stride
- Takeoff Point

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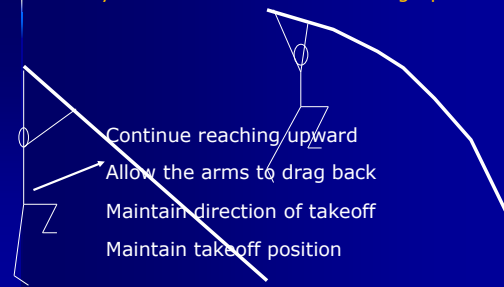
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# Follow-thru

Follow through with the plant and takeoff  
Create a dynamic transition into the swing-up



- Continue reaching upward
- Allow the arms to drag back
- Maintain direction of takeoff
- Maintain takeoff position

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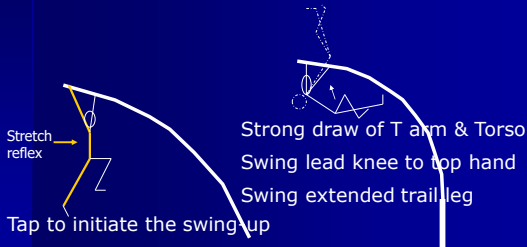
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# Swing-up

Follow-thru for an elastic swing-up.  
Create additional swing-up speed.



- Stretch reflex
- Tap to initiate the swing up
- Strong draw of T arm & Torso
- Swing lead knee to top hand
- Swing extended trail leg

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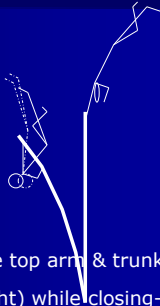
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# Invert thru release

Extend and turn to vertical  
Push-off and release the pole

Drop shoulders forcefully  
Extend body completely  
Flex-in with the bottom arm  
Close-off the angle between the top arm & trunk  
Turn around the top arm (straight) while closing-off



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# Clearance

Drape body around the bar.  
Rotate around and avoid touching the bar.



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