HIGH JUMP


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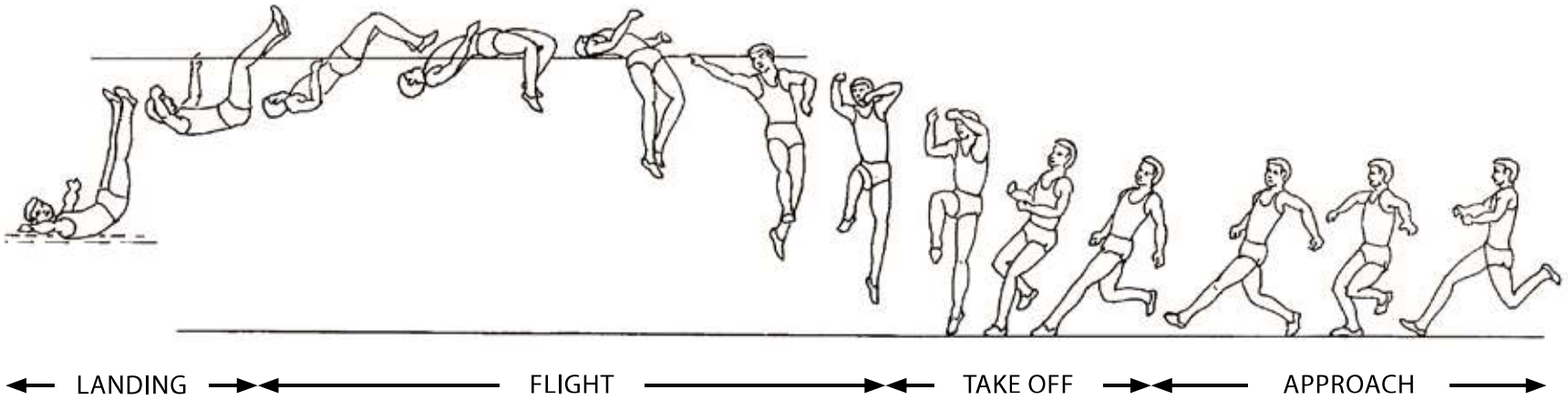
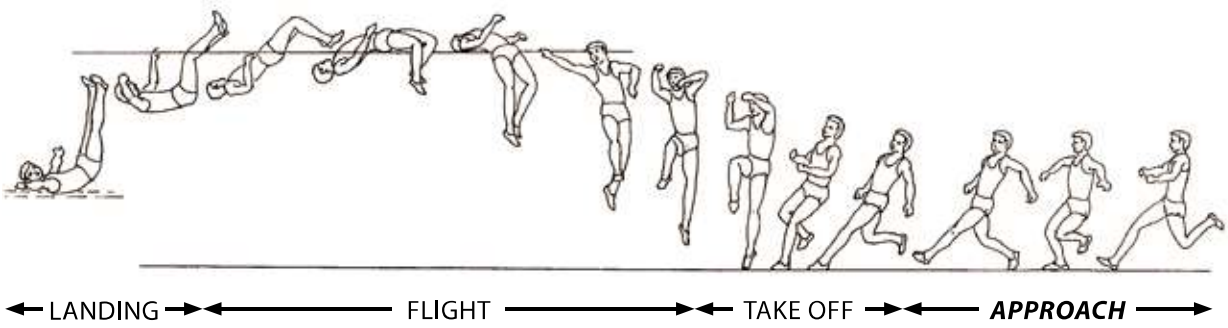


High Jump– Whole Sequence

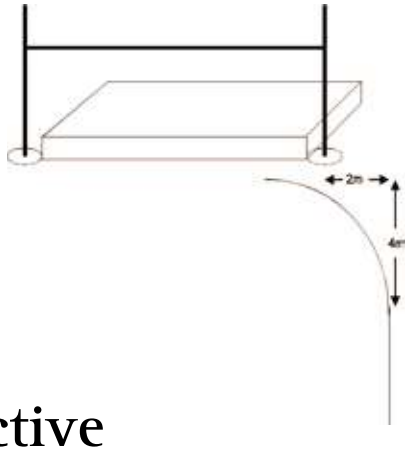
Phase Description

The high jump is divided into the following phases: APPROACH, TAKE OFF, FLIGHT and LANDING.

- In the approach phase the jumper accelerates and prepares for the take off.
- In the take off phase the jumper generates vertical velocity and initiates rotations necessary for bar clearance.
- In the flight phase the jumper rises to the bar and then clears it.
- In the landing phase the jumper safely completes the jump.



APPROACH PHASE



COACHES SHOULD:

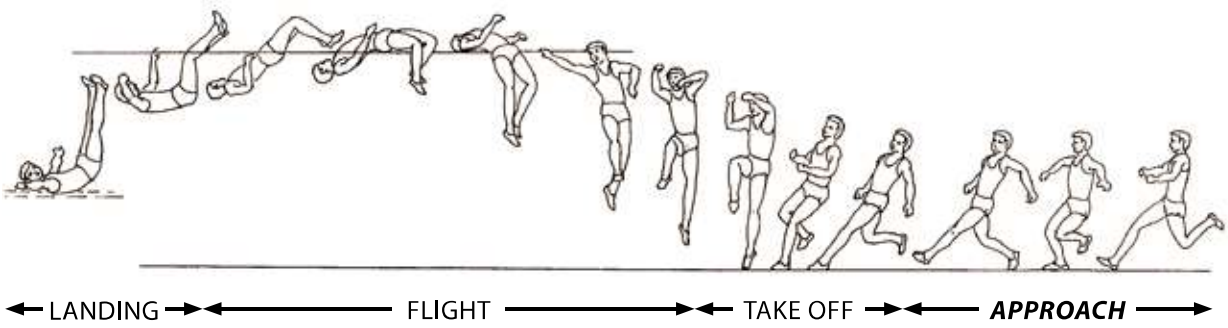
- Observe from the side and rear.
- Observe that the athlete's acceleration is optimal and body lean is appropriate.
- Ensure that there is no slowing down.

Objective

To generate optimum (not maximum) speed.

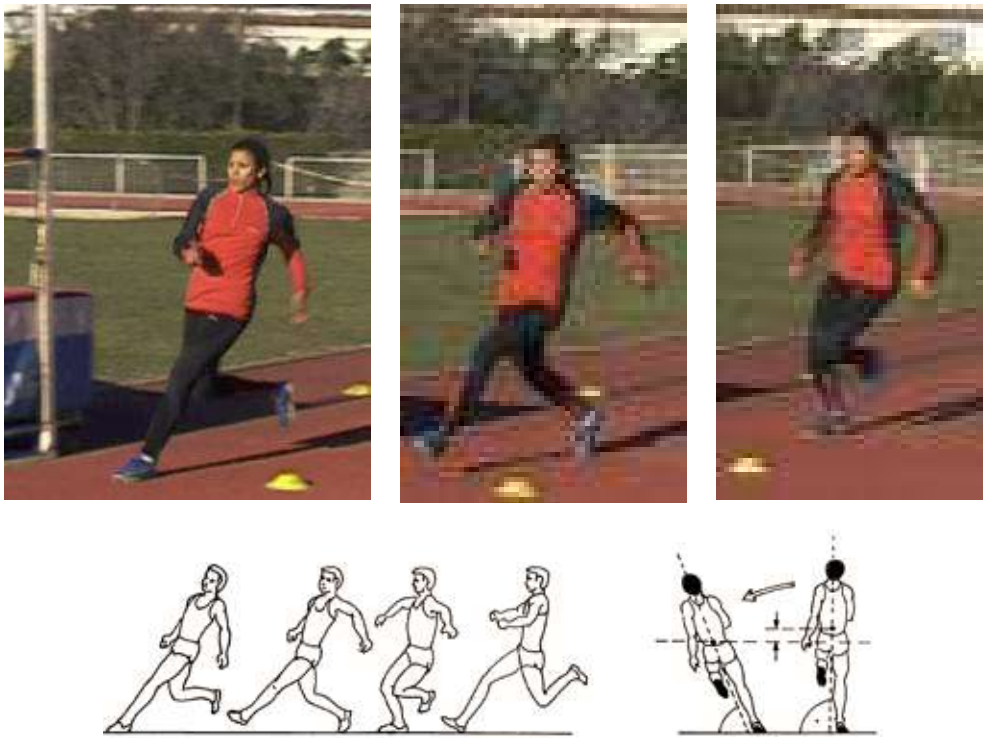
Technical characteristics

- Approach run is J-shaped: straight at first (3-6 strides), then curved (4-5 strides).
- Foot plant for the first strides is on the ball of the foot.
- Body lean is moderately forward for the first strides.
- Velocity is increased continuously throughout the approach.



APPROACH PHASE

Final Strides



Objective

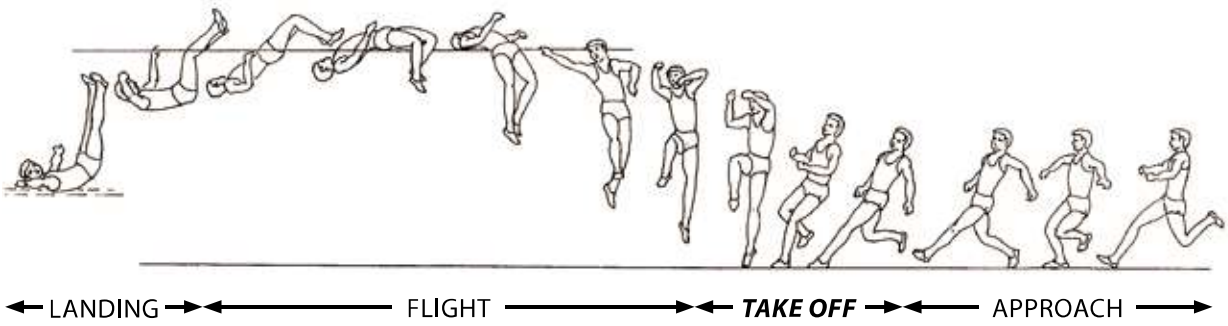
To minimise the loss of speed and prepare for an effective take off.

Technical characteristics

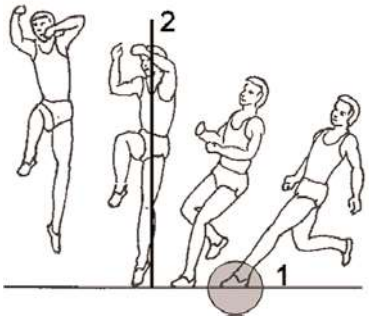
- Stride frequency is increased continuously.
- Body leans inward, the angle is dependent on the approach speed.
- Forward lean is reduced and body is upright.
- Centre of mass is lowered moderately in the penultimate stride.
- Active drive of the right foot in the penultimate stride.

HELP ATHLETES TO:

- Determine the optimum number of strides for their approach.
- Gain confidence in leaning naturally into the curve.
- Feel the acceleration into the jump.



TAKE OFF PHASE



COACHES SHOULD:

- Observe from the side and rear.
- Observe the speed and extension of the ankle, knee and hip joints.
- Observe the position of the free leg.

Objective

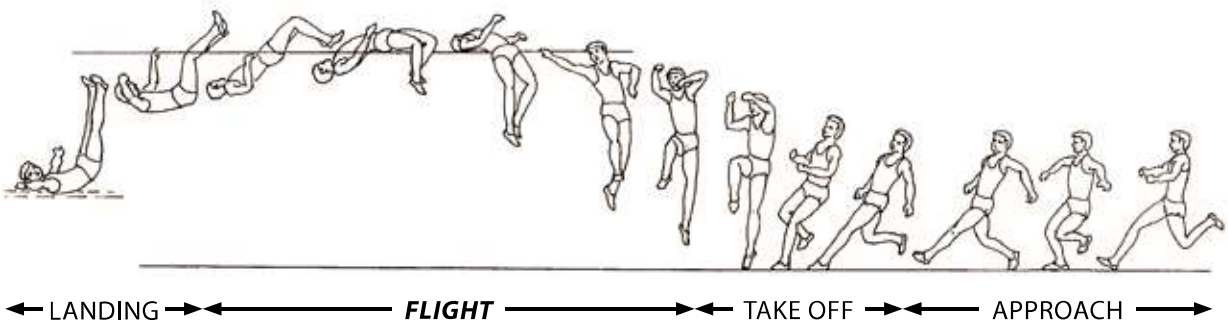
To maximise vertical velocity and to initiate rotations necessary for bar clearance.

Technical characteristics

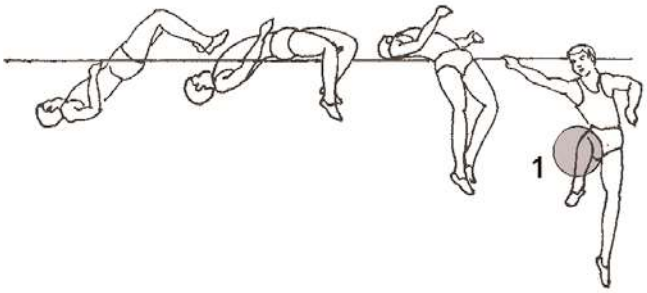
- Foot plant is active, quick and flat with a 'down and back' motion. (1)
- Take off foot points towards the landing area.
- Time on ground and the bending of the take off leg are both minimised.
- Knee of free leg is driven up until the thigh is parallel with the ground.
- Body is vertical at the end of the take off. (2)

HELP ATHLETES TO:

- Accelerate into the jump.
- Drive the free leg quickly through to the horizontal position and stop.
- Develop the strength so the take off leg does not collapse.



FLIGHT PHASE



Objective

To clear the bar.

Technical characteristics

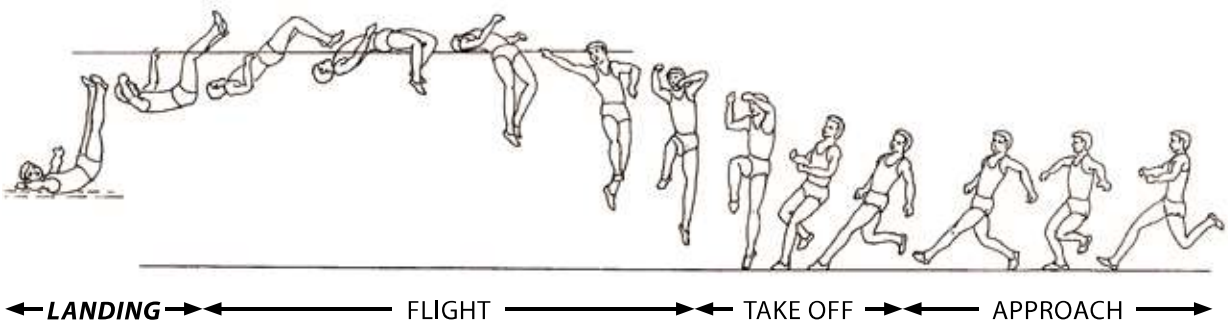
- Take off position is held as the body gains height. (1)
- Leading arm is fixed or reaches up, across and over the bar.
- Hips are raised over the bar by arching the back and lowering legs and head.
- Knees are spread to allow more body arch.

COACHES SHOULD:

- Observe the action of the limbs and arching of the trunk.
- Ensure that any actions in the air aid bar clearance and put the body into a safe position for landing.

HELP ATHLETES TO:

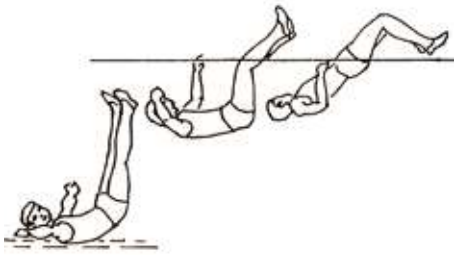
- Not rush the action - take off explosively, then perform the action to clear the bar.
- Understand that the approach and take off principally determine performance.
- 'Chin to chest' after clearing the bar.



LANDING PHASE

COACHES SHOULD:

- Ensure that the landing area is safe and maintain safety during the session.
- Observe the position of the head and legs prior to landing and the actions at landing.



Objective

To land safely and avoid injury.

Technical characteristics

- Head is drawn towards the chest.
- Landing is on the shoulders and back.
- Knees are apart for touch down.

HELP ATHLETES TO:

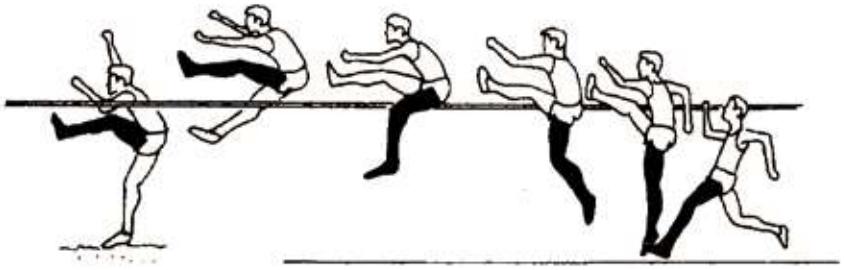
- Relax at landing.
- Keep the head towards the chest after crossing the bar.
- Enjoy a safe environment.

HIGH JUMP – Teaching Progression

STEP 1 SCISSORS JUMP

OBJECTIVES:

To improve the vertical take off.



TIPS:

- Accelerate into the jump.
- Keep your approach to 5-7 strides.
- Take off and 'hold' an upright position while you 'scissor' your legs.

- Use straight approach.
- Plant take off foot in line of approach.
- Gradually increase height.
- Use standing landings only - on free leg.

STEP 2 CURVE RUNNING

OBJECTIVES:

To feel the inward lean and the rhythm of the approach.

- Run in and out of cone markers.
- Run fast but controlled.
- Increase speed when entering each curve.
- Variations: 'high-knees' or high frequency.

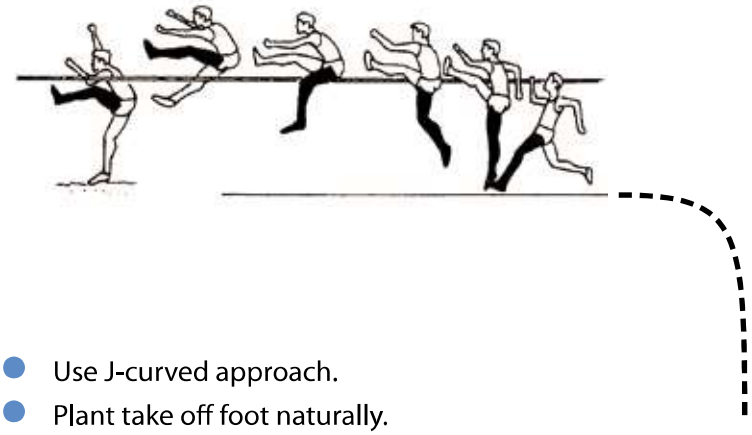
TIPS:

- Fast into the curves.
- Look ahead rather than at the markers.
- Run 'tall' even when leaning.

STEP 3 SCISSORS JUMP FROM CURVE RUNNING

OBJECTIVES:

To learn to jump vertically off a curved approach.



TIPS:

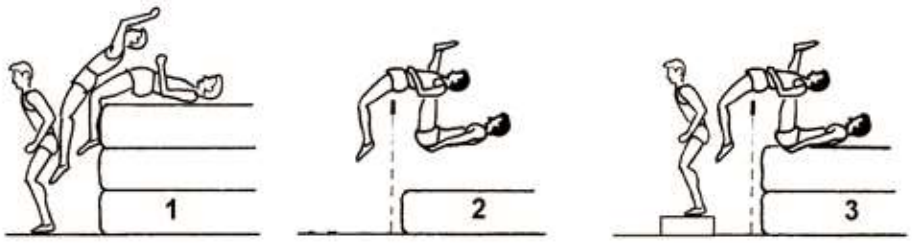
- Run the curve fast but controlled.
- Accelerate into the jump.
- Take off and 'hold' upright position.

- Use J-curved approach.
- Plant take off foot naturally.
- Gradually increase height.
- Use standing landings on sand - on free leg.

STEP 4 STANDING FLOP

OBJECTIVES:

To improve bar clearance.



TIPS:

- Ensure the landing area and bar are safe.
- Don't rush the action.
- Let the action develop naturally.
- Relax into the landing.

- Take off from the ground (1) or a box (3).
- Use different landing heights.
- Open knees at clearance and landing.
- Use uprights with a rope or a bar (2, 3).

STEP 5 FLOP FROM A HIGH-KNEE APPROACH

OBJECTIVES:

To improve the rhythm of the final strides.

- Mark a J-curve and starting point.
- Use a 5-7 stride high-knee approach.
- Use high stride frequency.
- Do not lower the hips in preparation for take off.

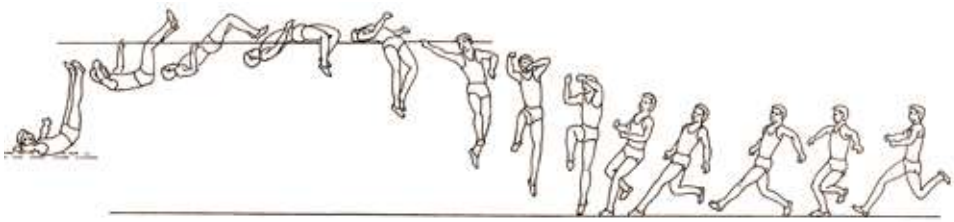
TIPS:

- Accelerate into the curve and take off.
- At take off bring the free leg quickly to horizontal and 'hold'.

STEP 6 WHOLE SEQUENCE

OBJECTIVES:

To practise the complete movement with increasing speed.



TIPS:

- Develop the approach rhythm.
- Volume is determined by number of take offs.
- Take off before starting to clear the bar.

- Mark a J-curve and the starting point.
- Start with shortened approach (4-6 strides).
- Gradually increase approach length and speed.

JUMPS