Coaching Pole Vault

Course Objectives:
- Starting a beginner – teaching proper standing grip height, width of hands on pole, and position of hands on pole.
- How to instruct beginning level pole-vaulters through skill development drills and build confidence.
- Maintaining a safe practice and competition environment – proper pad placement and securing of vault mat pads

Unit 1: Course Introduction
• Learning Objectives

Unit 2: Starting a Beginner
• Unit Introduction
• Standing Grip Height
• Positions of Hand on Pole
• Balanced Pole Carry
• Working with Straight Pole
• Pop Quiz
• Fun Fact!

Unit 3: Basic Laws of Physics
• Unit Introduction
• Focus Through the Top Arm
• Keep Head and Eyes Up
• Jump Off the Ground
• Putting it All Together
• Fun Fact!

Unit 4: Drills & Coaching Techniques
• Unit Learning Objectives
• Drill Progressions & Coaching Techniques
• NFHS Rules

Unit 5: Problem Solving
• Resources Reminder

Unit 6: Equipment and Facility
• Unit Introduction
• Learning Objectives
• Zero Point
• Standard Base Pads
• Preferred Landing Zone

Unit 7: Interactive Exercise
• The Science Involved

Unit 8: Conclusion
• Final Remarks
• Course Test

Resources: (PDF’s) Pole Vault Rule Changes and Requirements, NCAA Pole Vault Rules, Pole Vault Administration and Rules, NFHS Track and Field Rules: Rule 7-5 Pole Vault, Track and Field Pre-Meet Notes, Pre-Competition Issues, Pole Vaulting: Successful Skill Development pt.1, Pole Vaulting: Successful Skill Development pt. 2, (Videos) Blocking Action of Bottom Arm, Jumping Off the Ground, One Arm Drill, 2 inch Cone to Sand Drill, 4 Stride into Pit Drill, Connection Drill, Drill Progression – Reaching Tall, Positive Connection, Organization of Practice, Pit Size, Box Collar, Standards Padding, Surrounding Pit Pads, Pit Straps, Top Pad, Adjusting Pit Pads.