

1 ☐ **HIGH JUMP MADE SIMPLE**

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 USATF LEVEL II INSTRUCTOR
 USATF LEVEL III COACH
 IAAF ELITE COACH JUMPING EVENTS

2 ☐ **IT SHOULD BE CALLED HIGH FLIP OR HIGH PLANT**

- THE JUMP IS A SUMMERSAULT THAT IS SET UP BY A PROPER APPROACH
- FOCUSING ON THE APPROACH WILL PAY MORE DIVIDENDS THAN FOCUSING ON BAR CLEARANCE

3 ☐ **ENTRY INTO THE CURVE**

- TEACHING THE ATHLETE HOW TO ENTER THE CURVE COULD BE THE MOST IMPORTANT THING YOU TEACH.

4 ☐ **RUNNING THE CURVE**

- WATCH THE FEET
- RUN THE TURN – DON'T RUN TO THE BAR

5 ☐ **DRIVE THE KNEE? YES, ALL THE TIME**

- KNEE HEIGHT CAN BE THE KEY TO BEING ABLE TO TAKE-OFF

6 ☐ **LIMITING FACTOR – KNEE AT TAKE-OFF**

- QUITE POSSIBLY THE BIGGEST FACTOR IN BAR CLEARANCE IS AN INABILITY TO EXECUTE THE TAKE OFF AND PROPER KNEE ACTION.

7 ☐ **SIMPLE DRILLS TO DO WITH JUMPERS**

- BACK-FLIPS
- CIRCLE RUNS & CIRCLE RUNS WITH AN ENTRY
- FRONT FLIPS