



Adding Energy in the PV

How to add height *after the plant*
(primarily for experienced coaches)

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This Session

- Brief Intro and Norms
 - Interruptions
- Understandings
- 4 ways to go higher
- Q & A-z

Normally we discuss... everything leading in to the plant

1. Fast approach
2. Tall posture at plant
3. Active planting of the pole

And it is right
to stress these things!

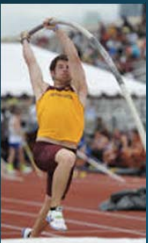
...but what next

1. Run Fast
2. Tall posture at plant
3. Active planting of the pole
4. ???
5. ???
6. ???
7. ???

The Premise

- Because the vaulter is connected to the earth for an extended period of time, it is possible for the vaulter to **add energy** to the system after the plant and throughout the vault.

Understandings



- The athlete consistently delivers a safe jump with a functional plant
- There is a difference between an *action* and a coaching *cue* intended to affect an action
 - I will be blurring these today and speaking using words that generally over-cue the intent

...what's next is:

1. Run Fast
2. Tall posture at plant
3. Active planting of the pole
4. Throw
5. Hip Lift
6. Unbend
7. Pike

Throwing the pole

The Cue

- move your hands forward without inverting
- Top hand and trail-leg foot should mirror

The Reality

When it is terrible

Hip-Lift

The Cue

- Keep the pole fully bent while you hip lift
- Center of grip on center of body
- Pole bend fully turned

The Reality

When it is terrible

You bent it...unbend it

The Cue

- Top hand fixed on same-side thigh
- Punch yourself in the face with your bottom hand

The Reality

When it is terrible

Maximize your credit--PIKE

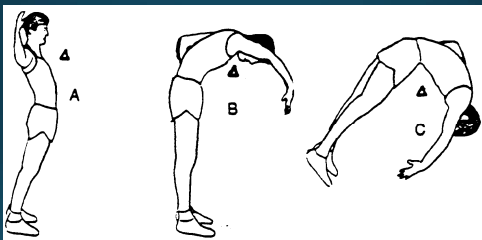
The Cue

- Throw feet down and under the bar
- Stand up—like you are starting a lawn mower

The Reality

When it is terrible

C-B-A



This is close but not ideal

Pool

- Working the HL and the Pike
- Video

Questions...

- Now:
- Later:
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