

---

# HIGH JUMP

*DREAM BIG, AIM HIGH, AND FLY*

COACH SMITH: CHAPEL HILL HIGH SCHOOL

# THE PROCESS

- The high jump has an **Approach** that displays a transition from a straight line to a curve. It has a **Takeoff** step that is explosive. Lastly, it has **Bar Clearance** and landing in the pit.
- **Identifying a potential high jumper?**
  - Tall, long, high waist, springy, explosive, and has speed
  - Mentally tough
- **Develop an action plan for your athletes**
  - Set a goal
  - Over explain
  - Trust the process

# THE WARMUP

- ❖ Basic Ploys to start
- ❖ 4-6 back bends with a 10 second hold
- ❖ 6-8 Standing “frog jumps” over the bungee with **colored cards (promote getting the head back to see what color is showing)**
- ❖ Focusing on the getting an explosive jump off of two and getting the head back to form the arch in the back.

# THE APPROACH

- 5 steps on the straight and 5 on the curve including the takeoff steps.
  - Athlete should be in upright running position by the **third** step
  - Accelerate in a straight line until they reach the **fifth step/pushing on the outside foot**
  - The drive phase will be **two steps**
- **“The Lean”** very important! Result of ground contact and continued acceleration.
  - **Watch for athlete leaning towards the bar —————> LEAN AWAY!** (full body lean from the ankles) Inside shoulder will be lower than the outside shoulder.

# APPROACH DRILLS

- Circle runs with cones popups at each cone (knee up chest up)
  - Rhythm run 1...2....popup! <https://www.youtube.com/watch?v=alnXQ8uVW7Y>
- Circle run with hurdle or banana hurdle <https://www.youtube.com/watch?v=MSjtvdlgpnUQ>
- 3 point line runs (if you access to basketball court)
  - Run the 3pt line...emphasis on pushing to the outside, taking off with a pop up at the free-throw line
- Box Jumps with 3-5 step approach into the pit (using bungee cord)
  - Working on the curve transition getting hips up at the bar and explosive knee drive
- High knee skip runs with cones  
[https://www.youtube.com/watch?v=hq\\_AaHXWlr8](https://www.youtube.com/watch?v=hq_AaHXWlr8)
- Straight line run with circle cones
  - Run straight with 3 take off steps and hit the circle 2-3 times. (incorporating transition into leaning into curve)

# THE TAKE OFF

- Athletes will transition from a **curved** approach to a **vertical** takeoff.
  - Maintain speed and stay away from the bar!
  - Foot contacts directly in front of each other
- “The Plant”- takeoff will occur just inside (towards the far standard)
  - Takeoff leg, it will need to be ready for the jump.
  - Arm action can either continue single arm or be double arm at takeoff

# TAKE OFF DRILLS

- **3-5 step jumps into the pit**
  - Make sure they still run the turn
- **Scissor kicks (full approach)**
  - Emphasis will be on the takeoff step action before bar clearance
- **Take off with Skip-** Rhythm with take off technique
  - <https://www.youtube.com/watch?v=AMS1mhhtm7U&index=8&list=PLAEADF6FDA5F3419C>
- **Straight line runs- First 5 steps**
  - One foot in front of the other (consistency) Chest up and relax!

# BAR CLEARANCE DRILL

- Hip raises Box hurdle drill
  - High knees/Hip extension- <https://www.youtube.com/watch?v=Ed2Xo0mcs8k>
- Bridges
  - Bridge with snap/toe touches- push off quickly touching toes before back hits the mat.
  - Fall back with hips up- <https://www.youtube.com/watch?v=M4Z23h0KLZ8>
  - Back bridge walks- <https://www.youtube.com/watch?v=BhCXCF6TDQc>
    - Hips up and chin connecting with chest to create the arch in back

**3-5-7 Approaches (jumps) with bungee or pole**



# CORE AND BALANCE

- **Knee stability:** Squats (body/weight), holding lunges, leg lifts,
- **Abs:** basic crunches, toe touches, bicycles, med ball crossovers, planks, etc.
- **Stability ball curl and pulls**
  - Big med ball with feet on the ball, arms extended rolling ball in forward motion
- **Weights:** Step Ups with weight and Knee Drive, Push Press, Bench, Squats

# WORKOUT SCHEDULE

- **Monday:** Warmup, 4-6 approach drills, 4-8 scissor kicks with bungee, weights/core
- **Tuesday:** (jump day) Warmup, 2-3 Take off drills, Bridge drills, Full approach jumps with steps using bar
- **Wednesday:** Warmup, conditioning circuit ( Box jumps, Square Hurdle drill, Curve sprints (90-95% effort), hurdle/banana hurdle jumps)
- **Thursday:** Warmup, 2-4 approach drills, 1 take off drill, and core
- **Friday:** “Light day” Warmup, Work on steps, Approaches “competition day” one jump move the bar up if cleared.