

## **2016 Gulf Coast Scholastic Track Coaches Association Clinic**

**Event: High Jump**

**Presentation by Patrick Pyle (Houston, TX)**

**Abstract:** In the high jump event, a consistent and progressively efficient running approach is the most critical factor to establishing a foundation of safe and successful height progression. In this presentation, a majority of the purpose will focus on development of the approach run, describing and discussing visual checkpoints, and how to adjust the approach run to meet satisfactory checkpoints.

**The Approach Run:** The formal approach run is most often performed with 5-10 steps. Younger athletes tend to perform most consistently with a 5-8 step approach. Collegiate and elite level jumpers often perform a 8-10 step approach. Basic physics dictates that a higher horizontal velocity (approach speed) that results in greater body lean away from the bar (toward the center), will likely translate into higher vertical velocity at take-off... and we know that to be true from our own anecdotal evidence, as well as empirical research being performed.

**Setting Up The Approach:** Set-up (Static, Roll-Over, Lead-In)... which one, and how many steps?

**Running The Approach:** Straight Line Approach, Mid-Mark, Curve, Take-Off Point, Measure using a right-angle

**Characteristics of The Approach:** Consistency, Posture, Intensity, Acceleration, Curve, Penultimate-Step, Take-Off

**Development Training:** Volume of Approaches, Penultimate Drill, Take-Off Drills (posture, hurdles, basketball), Strength Training