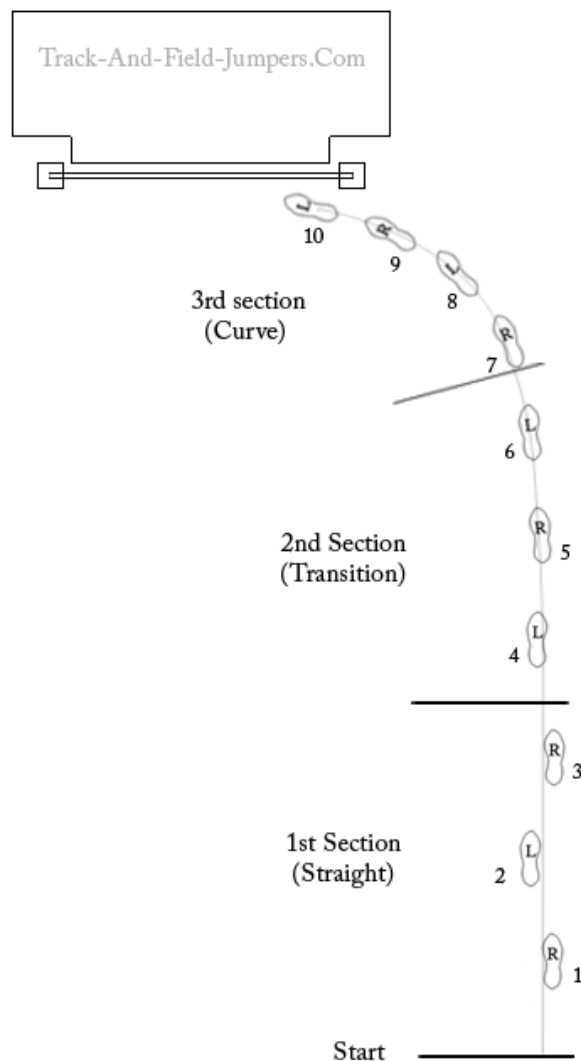


High Jump

High Jump Fundamentals

Approach

The approach usually consists of 10 steps, five straight and five additional on the curve. To find the initial starting point, the jumper can take five strides back from the center of the pit, then 5 strides to the right or left - this would be the start of the curve, then five strides back from there. There is certainly room to move the mark based on the speed, strength and comfort of the athlete. The speed of the athlete should accelerate slightly as they approach the bar. As the athlete moves into the curve they should be leaning to the inside of the circle and away from the bar.



Take off

The take off takes place approximately two feet from the standard so that the momentum of the approach will carry the athlete over the bar at the lowest point. As the athlete hits the penultimate step, the body settles slightly, like a compressing spring. The plant foot should be pointed toward the far standard. Arms should be close to the body and powerfully driven upward and the free knee should punch up, propelling the athlete into the air. Some athletes prefer to think of lifting the foot rather than driving the knee.

Flight

The takeoff leg should continue toward the bar as the other leg, shoulders and hips rotate until the athlete's back is to the bar. The athlete's knees will remain apart, which helps to open the hips and allow for "arching" over the bar. The body will follow the leadership of the head, so the athlete must maintain control and not lean the head toward the bar. As the shoulders and hips clear the bar the athlete needs to continue the rotation to the mat, bringing the shoulders down and allowing the legs and feet to clear.

High Jump Troubleshooting

Problem: Traveling down the bar and knocking the bar off near the far standard.

Cause: Too wide of a curve, deceleration on the curve

Solution: Narrow the approach, start the run faster to increase the tempo through the approach

Problem: Knocking the bar off with your heels

Cause: Curve is too narrow, so that momentum is directed toward the back of the pit. Settling well before the penultimate step, takeoff foot is parallel to the pit.

Solution: Tape what the curve should be so the athlete does not cut it off, this should also solve the issue of poor foot placement on take off. The athlete may need to come in a little taller if they are settling too early.

Problem: Taking off too close to the bar and knocking the bar off on the way up.

Cause: Starting point is too close or the curve is too tight. The jumper may simply need to slow down the curve until they are strong enough to handle the centrifugal force.

Solution: Move back the starting point and possibly widen it to lengthen the curve.

Problem: Taking off toward the bar instead of upward.

Cause: Plant foot may be parallel or away from the bar or the jumper may be jumping at the bar. Head may be leading right into the bar.

Solution: Point the toes toward the far standard. The athlete may need to be reminded to jump up not in. Frequently the athlete will follow the head, so it is crucial that the head stay straight. A simple reminder of a fruit basket balancing on top of the head can help break this habit.

High Jump Drills

Circle runs - 5 x 4 circles, about the size of the athletes curve

High Knee skips - 5 x 30m

Rim touches - 10 minutes of basketball rim (or net) touches

Squat Jumps

Split Squat Jumps

Cycled Squat Jumps

Double Leg Hops

Bounding

High Jump Rules

Jumpers must take off on one foot.

Jumpers are allowed three consecutive attempts. If a height is missed, the jumper may pass the height and use the remaining attempts at the next height.

Competitors may begin jumping at any height announced by the chief judge, or may pass, at their own discretion. Three consecutive missed jumps, at any height or combination of heights, will eliminate the jumper from competition.

The victory goes to the jumper who clears the greatest height during the final. If two or more jumpers tie for first place, the tie-breakers are: 1) The fewest misses at the height at which the tie occurred; and 2) The fewest misses throughout the competition.