

## DISSECTING THE POLE VAULT FOR DEVELOPING POLEVAULT COACHES

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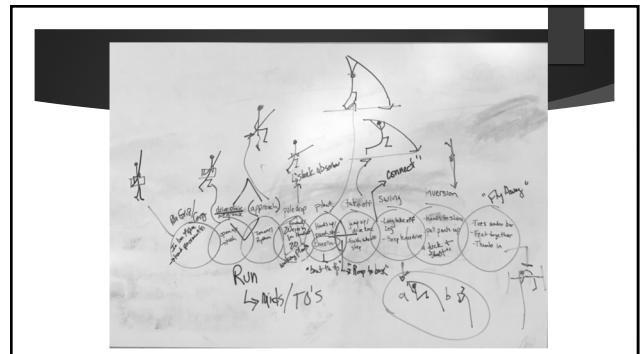
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Thanks to my  
mentors/colleagues/friends:

- ▶ JAN JOHNSON- SKYJUMPERS
- ▶ DAN PFAFF-LSU
- ▶ BOO SCHEKNAYDER-LSU
- ▶ TOM HAYS - KU
- ▶ BRYAN COMPTON-Arkansas
- ▶ ETHAN SANDUSKY- Tulane



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LANDMARK POSITIONS  
TRANSITIONS TO THE NEXT POSITION  
SLOWING IT DOWN  
RELATING WHAT YOU SEE TO WHAT THEY FEEL  
"IF IT FEELS WRONG, IT'S PROBABLY RIGHT"

DEVELOPMENT OF THE "COACHES EYE"  
HUNDREDS, THOUSANDS OF REPETITIONS

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## Pole Carry, Grip

- ▶ "Unweighting" the pole
- ▶ Sitting inside 2 V's
- ▶ Pole in line with your Spine
- ▶ "line it up on your skeleton"-Tom Hays
- ▶ Elbow under your wrist
- ▶ Inside the 2 boxes (1-Sternum, 2- hip pocket)
- ▶ Checking the "bend"
- ▶ Common practices:
  - ▶ Pole runs w/ bigger poles
  - ▶ Running w/ stubbies
  - ▶ Running "20 in 10"

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## Running with the pole

- ▶ Control the pole, don't let it control you
- ▶ Acceleration mechanics: Initial acceleration is a pushing movement
- ▶ Counting the takeoff steps
- ▶ The pole CAN be across the body!
- ▶ Common practices:
  - ▶ Pole runs with NO drop, chalk check step drill
  - ▶ Rollover starts concentrating on pushing mechanics
  - ▶ Knowing step measurement #'s

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## The Pole drop

- ▶ After Initial push
- ▶ 2<sup>nd</sup> half of the total run
- ▶ Staying inside the 2 boxes
- ▶ Common practices:
  - ▶ Pole runs WITH a drop, no jump
  - ▶ Pole runs WITH a drop & a jump

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## Planting the Pole

- ▶ Curl and press
- ▶ Bottom arm up NOT out
- ▶ Top hand over the shoulder on the last right
- ▶ Anticipate the Jump up/ Beat the tip to the back of the box
- ▶ Common practices:
  - ▶ Walking, jogging, running plants
  - ▶ Into the side of the raised runway or wall
  - ▶ Short pole, short grip, short run takeoffs

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## The Takeoff

- ▶ JUMP!
- ▶ Moving through the hands
- ▶ Continuing the drive in & up
- ▶ Staying long at takeoff
- ▶ Setting up the Swing
- ▶ Common practices:
  - ▶ Run run jump drills ( with a stubbie, medball, a pole...etc...)
  - ▶ Takeoff & Swing device drills- ...or a playground bar

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## Initiating the Swing

- ▶ Pressure in the top hand
- ▶ Swing UP not OUT
- ▶ Common practices:
  - ▶ Swing up rack drills
  - ▶ Ring swings
  - ▶ Rope swings

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## Inversion

- ▶ Connect to the pole
- ▶ Should coincide with the pole reaching vertical ( Stand the pole up!)
- ▶ Bottom arm elbow inside of the pole
- ▶ Shoulders drop under the Hips
- ▶ Common practices:
  - ▶ Low bar, short approach, low grip drills
  - ▶ Pole in the corner drill
  - ▶ Bubkas....

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## The "Flyaway"/ Bar Clearance

- ▶ Rotating AROUND the crossbar
- ▶ Toes UNDER the Xbar
- ▶ Push off the top of the pole
- ▶ "Get out of the Way!"-quick reactions with arms/hands
- ▶ Common practices:
  - ▶ Short approach, short grip, low bungee/crossbar
  - ▶ Gymnastics on floor, or trampoline, or the PV pit

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Thanks for  
listening & Best of  
Luck!

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- ▶ Questions?
- ▶ Comments?
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