

# “A discussion of vault technique and drills used at FHS”

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## Approach

- Sprint mechanics and posture
  - Hips tucked, pelvis forward not down, tall posture, good knee lift
- Slow to fast run rhythm
  - Bounding blended to sprint
  - Count down strides. It helps with consistent rhythm.

## Pole Carry

- High is light
- NO STABBING
- Keep the pole forward
- Shoulders square – It’s ok to cross the body with the pole
- Left wrist “up” not hanging down
- Smooth pole drop – “Chase the tip into the box”.

## Plant and Takeoff

- Triple jump takeoff with pole in hands
- Plant mechanics
  - Lift, And, Pop
  - Time it so that top arm and takeoff toe are completely extended just prior to pole contacting back of box.
- Lead with chest and knee. Work for “C” position. DO NOT BLOCK WITH LEFT ARM.
- Push up with left arm. Miles says “kiss the bicep”.
- Drills include “stretchers”, rings drills, sliding box plants.

## Swing and Invert

- Work from the top hand. Pole needs to “stop” the forward momentum.
- Keep Takeoff leg long and use as a pendulum. Don’t “tuck it up” before back is parallel to ground.
- Hinge at hips. (Chris Nilsen does this well)
- Let the left arm flex-in to allow shoulders to align with the pole.

## Turn, Pull, and Bar Clearance

- Key concepts are to stay tight with the pole. Extend don’t kick. We say “stand it up”. Hips need to get in tight with the top hand. Drop the shoulders.
- Quarter turn and look down the pole so your body stays in line with the pole.
- I hesitate to say “pull”. One of the worst things you can do at this point is to pull with the arms before you extend and quarter turn.
  
- Pool vaulting is the best drill I know for teaching this phase of the vault. We also do the horizontal drill with a bed sheet on the gym floor.

