

Introduction

Pole Vault 101

- Alignment
 - o Spin
 - o balance
 - o Torque
- Direction
- Run, pole, grip progression

The Runway

- Sprint mechanics
- Importance of a mid-mark
- Pole carry

Poles

- How they are made
- The importance of consistency
- Flex numbers
- Choosing length

Coaching adjustments

- Depth in the pit
- Pole bend
- Grip height

Training for the Pole Vault

- SPEED
- Gymnastic strength
- Weekly sample for advanced athletes
- Weekly sample for HS/Jr. High