

Pole Vault from A to 14

**Dan Newkirk
Litchfield High School
Track & Field**

Litchfield's 14 foot Vaulters since 2000

Kevin Lawrence 14-0

Jeremy Pattillo 14-1

Lamar Anderson 14-3

Getting Started

Characteristics of a beginning vaulter:

- A. The physical ability to swing onto the mats.
- B. Correctly carry the pole.
- C. To swing on the correct side of the pole.
- D. To jump off of the correct foot.
- E. Able to stay straight, aligned with runway, during swing.

Advanced Middle School

Characteristics of an advanced middle school vaulter:

- A. Able to keep hands in place during swing, do not slide.
- B. Able to swing body weight up to horizontal position or higher.
- C. Able to hold body away from pole during swing.
- D. Able to push off pole and clear bar facing the ground.
- E. Able to safely partner plant with coach.

Beginning High School

Characteristics of a young high school vaulter:

- A. Beginning to drive bottom hand into the pole and not collapse.
- B. Bottom elbow to swing side of the pole.
- C. Keep feet together while clearing the bar.
- D. To use a consistent approach on the runway.
- E. Learn body's awareness in relationship to the ground and the bar.

Advanced High School

Characteristics of an advanced high school vaulter:

- A. Getting in touch with the timing of your swing.
- B. Swing to parallel with the pole. Knee to top hand.
- C. Exploding off the ground into the plant.
- D. Pulling through the second half of the swing phase.
- E. High hip clearance at the top of the vault.

1. Swing to mat drill (beginner drill)
 - A. Stay straight
 - B. Land on feet
 - C. Keep hands in place

2. Swing to parallel drill (good for all levels)
 - A. Keep drive knee up
 - B. Keep plant leg long
 - C. Swing hip to pole and land in line with runway
 - D. Bottom elbow on swing side of pole

3. Partner plants with coach (good for all levels)
 - A. Three step approach
 - B. Keep top hand high in line with plant foot
 - C. Keep bottom arm straight to make triangle with body
 - D. High drive leg and long plant leg

4. Turn drill (good for all levels)
 - A. Emphasis on turning back to face runway, land on feet
 - B. Keep separation from pole
 - C. Good for all levels increase hip height for older kids

5. High bar drill (good for all levels)
 - A. Place bungee cord above PR height
 - B. Work on high hips over bar
 - C. Work on high feet

6. Drive drill (high school vaulters only)
 - A. Full approach
 - B. Work on long plant leg and keeping drive knee up
 - C. Work on strong bottom hand
 - D. Land on feet facing forward

7. Rope and pulley drill (advanced vaulters only)
 - A. Work on pull through phase
 - B. Keeps feet together
 - C. Work on turn at top of vault

8. Carry and high knee drill (good for all ages)
 - A. Allow pole to move with body's natural movement
 - B. Knee lift on runway
 - C. High plant at end of drill

9. Rock back drill (advanced vaulters only)
 - A. Roll back onto shoulders using proper arm action
 - B. Roll back to hand stand
 - C. Roll back to hand stand over low bar

10. Drive knee drill (good for all ages)
 - A. Full approach and speed
 - B. Jump onto mats using proper plant position

C. Land with drive foot on top of mats and plant foot on skirt

Video all angles and watch with your vaulters

Dan Newkirk
Litchfield High School Track and Field
217/324-4668 ext. 2118
dnewkirk@litchfield.k12.il.us