

Pole Vault coaching notes for MF Athletic virtual Clinic.

1. Focus on acceleration development with and without pole. Utilize mini hurdles to set up good posture and develop greater turnover in your vaulters. Do these mini hurdle drills with and without poles using 6" high mini hurdles and place ten hurdles on the grass or preferably the track surface or indoor floor. Start with short spacing between, somewhere from 3–4 feet for girls and 4-5 feet for boys. This will force them to take one step between each hurdle and develop quick turnover. After two sessions a week for two weeks or so you can expand the distance by 6" at a time and do 5 times without a pole and 5 times with a pole. Do at least two sessions each week and for your better athletes (and long legged ones) hopefully you will eventually get to 5'6" to 6' for girls and 6'6" to 7' for boys. always look for upright posture and good turnover or you will lose the purpose of the drill. We are trying to create good turnover with long but not overly long stride patterns to develop speed and power while maintaining good posture for the plant and takeoff.
2. When you incorporating speed work into your training do not be afraid to run 200-300 meter repeats. while some may argue that this is out of the physiological range that a vaulter needs I would state that it is a great opportunity to work on tempo and rhythm, a factor that I observe in all top vaulters. Do sets of combinations of 150-300 meters with a total work volume of 1000-1200 meters. An example would be 1x150, 4 x 200, 1 x 150 with a focus not totally on speed (80-85% effort) with consistent tempo, and great posture.
3. Do not get lost in gimmicks and gadgets for vaulting. The best and simplest training tool is and always has been a rope. It develops the sensation of moving thru both the horizontal and vertical planes at the same time, a reality in vaulting. It is also a great strength tool for building natural upper body and core strength.