

Coaching the High Jump

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My Key Areas of Focus

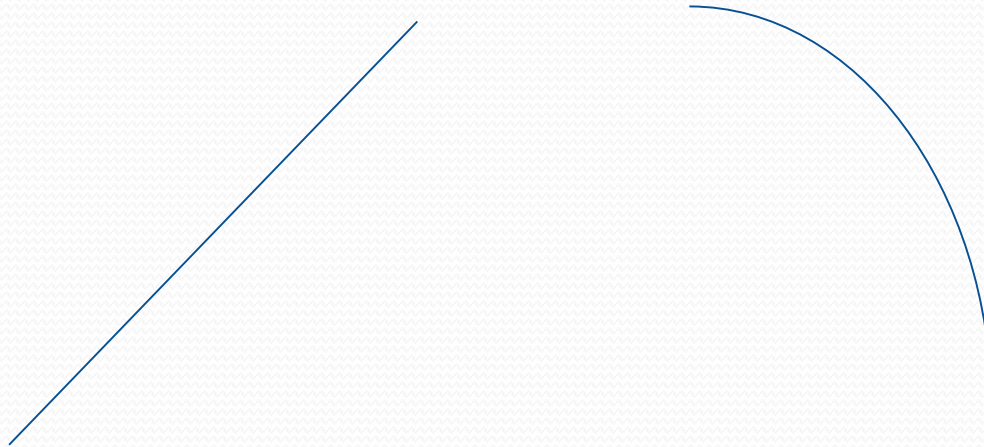
- What do I hear myself saying the most in technical sessions?
- What are the key areas I focus on?
- Split into three main sections
 1. The approach
 2. Pre-Plant/Plant
 3. Take-off and beyond

The approach

- Rhythm (Tempo) – What does that mean to you? Can you describe the rhythm you are looking for?
- Smooth, Flow, Control – all words I use to convey the message of what I am looking for when I watch an approach run.
- What image comes to mind when you think of those words in relation to a jump? Would it be a good run up or a poor one?

Approach Continued

- How do we decide the shape of the run?
 - Straight v Curve



Pre-Plant/Plant

- Pre-plant = Penultimate stride. What is the importance of this stride compared to the others?
- Can control the drive of the free leg, starts from that foot contact.
- What are the effects of that contact? Strong v's weak?
- Can mentally focussing on the penultimate have a positive outcome?
- Body position at plant , feeling of effects of run up

Take-off and Beyond!!

- Where is the athlete looking? Can determine what the head is doing.
- Direction of free leg/body
- Quality of body positioning
- Do they hold their free leg up or does it drop to make a lay out shape?
- What would you want them to do? Hold their free leg high like Vlastic or drop knee to make a shape like ???(pick a male not barsham tho!)

Beyond

- Once we have left the ground do we have the ability to change what path/shape we have set up to follow?
- Can we change an athletes ability to control what they do once they gain more and more training years experience?



Thank you, I hope that helps!

