



HIGH JUMP – THE FLOP

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2000 U S Olympic Coach

- **Selection of athletes**

- **The approach**

- Take off leg
- Length of approach
- Curve of approach
- Start of the approach
- Running mechanics of the approach
- The penultimate and last step

- **The take-off**

- The foot and legs
- The arms
- Body position

- **The cross bar clearance**

- Technique
- Knees apart, heels together

- **Drills – for the approach**

- Walk through first 5 steps, run through first 5 steps
- Walk through curve steps, run through first 5 steps
- Run through full approach
- To feel the curve the athlete should run a circle (large enough to simulate the curve in the approach)
- As the above put a hurdle in the circle and the athletes pop over the hurdle simulating the take off

- **Drills for the penultimate stride**

- Walk through last 2 steps emphasizing pop, pop (clap, clap)
- Then walk through last 3 steps
- Run through 3 steps, popping and landing on your back w/o bar and then with the bar
- Run through 5 steps, same as above

- **Drills for plant**

One step plant and over.

Three step plant and over.

See circle/hurdle drill above

With bungee chord, drive knee and foot (knee up, heel up, toe up)

- **Lay out drills**

Without a bar the athlete should pop up and into a layout position

Using a box to jump off of and using the bar athlete should stand and pop hips over the bar in the lay out position.

Run 5 step off the box and jump.

Stack the buns of the HJ pit and plant and lay out on the top of them.

String a ball in the middle between the standards (higher) and have the athletes pop the stomach to the ball.

- **Visualization drills**

Watch yourself before each jump.

See the higher bar and watch yourself clear it.

Set goals and watch yourself clear your goal height.

- **Off season**

Weight lifting

Plyometrics

Workouts

- **In season**

Weight lifting

Plyometrics

Workouts

- **Additional tips for the athletes/coaches**

Heel up, knee up, toe up

Shoulder/ curve, take-off

Speed

Pop

Knees/heels

Eyes/chin

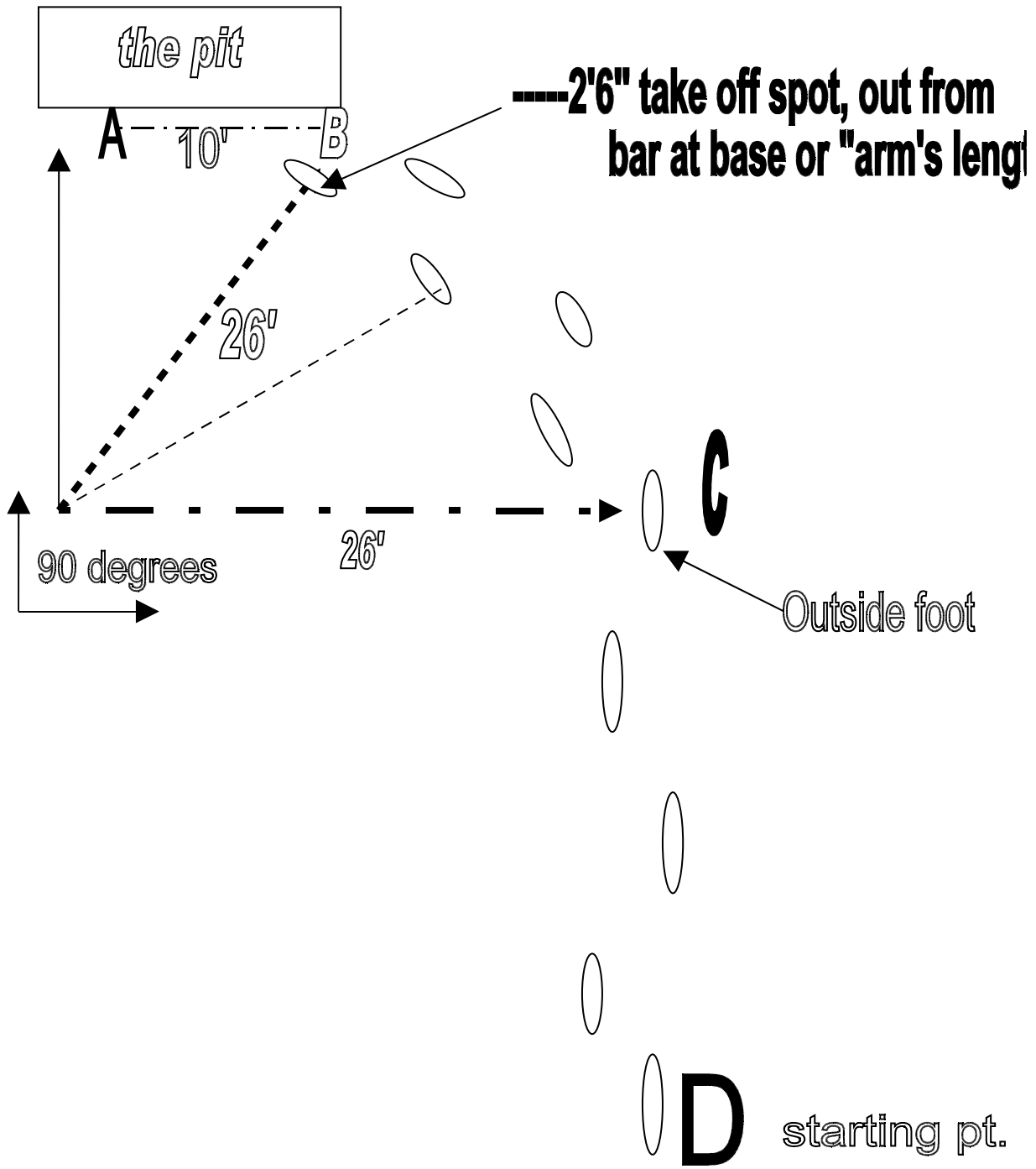
Visualize -----**BELIEVE**

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Steps :



Measuring steps:

- **Establish point D in practice**
- **Use 2 tapes**
- **Point B is the base of the standard at take off foot, directly under the resting bar**
- **Point A is 10' from B and located close to the pit parallel**
- **Measure from point A to point D**
- **Measure from point B to point D**
- **To recreate starting point, measure A to D & B to D and mark where the two tapes intersect. This eliminates misjudging the angles of where to start & will give your jumper a consistent start mark.**