

## Asics Comet Clinic- Pole Vault

### Athlete Session

- Nutrition
- Mind mentality of a vaulter
- Planting the pole: pole drop, pole curl, pole press
- Take off and plant position: set up for jump; proper arms, chest, and hip placement, learn how to ride the pole on the ground
- Plant drill: learn how to bend the pole in the proper position
- Talk about: pole runs, ring drills, high bar drills, plyometrics, entry heights, safety, integration of sprints and jump events

### Coaching Session- Intermediate/ Advanced

- Hitting Bottom Arm- teach how to get athletes bending
- Drive Phase: controlling the hips
- Moving the pole through the pit: rowing/getting behind hands
- Swinging: keeping body one piece, take off leg straight(load the pole), driving knee to the chest, getting over rotated past your hands
- Breaking bottom arm to allow the shoulders to drop back and athlete get tight to the pole
- Shooting off the pole: keeping tight to the pole shooting off vertically not horizontally(flagging off)(looking at bar!!!), crossing toes to turn
- Piking: get off pole, (throw pole back?), V position, get hands up thumbs in to relax chest back