Pole Vault Training & Drills

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- Develop a year long training plan for your pole vaulters
  - Must take into account the athletes chronological age and training age. (16 years old w/ 2 years of vault training)
  - Does your vaulter(s) participate in other school sports?
  - Will he/she compete in other events for the team?
  - Weight training, gymnastic work, speed development, etc... should be included in the year long plan
  - Goal meeting is a must!
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- Develop a year long training plan for your pole vaulters cont…..
- Remember 7 key principles:
  - Active Participation
  - Initiate a wide-ranging program
  - Specialization
  - Individualization
  - Progressive increase
  - Variety
  - Technical/Training model

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- Principle 1 - Active Participation
  - Depending on the athlete’s chronological age and training age, the coach could/should sit down with the athlete and discuss the athlete’s progress.
  - If the athlete is new to vaulting, he/she may exclusively depend on the coach for setting up the year long training plan.
  - More experienced athletes should have input when it comes to planning.
  - Must take into account outside influences.
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- Principle 2 - Initiate a wide-ranging program
  - Offer a wide range of physical activities. This will help develop the athletes overall motor skills and physical fitness.
  - As the athletes chronological age and training age increases so should his/her all-around skills.

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- Principle 3 – Specialization
  - We know through scientific research that the body can become accustomed the activity that we practice/perform the most.
  - It is important to introduce a series of drills that simulate all phases of the jump.
  - More repetitions the better!
  - Drills should be used even with the most experienced athlete.
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- **Principal 4 – Individualization**
  - Keep in mind the athletes chronological age and training age.
  - Develop a program that will challenge the athlete but not too advanced.
  - Several of your athletes may be able to jump the same height in meets, but may not be capable of training at the same levels.

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- **Principal 5 – Progressive Increase**
  - Training loads must increase gradually.
    - How fast depends on the athletes physical and mental abilities to handle the increase.
  - There are two commonly used methods:
    - Steady increase method
    - Stair step method (most widely used method of the two)
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Principal 6 – Variety

- Athlete needs time to recover from very intense technical work
- Develop drills or training days that have activities that simulate the vault
  - Gymnastic work
  - Rope
  - High bar
  - Under water vaulting

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Principal 7 - Technical/Training model

- Coach and athlete must have a technical model that they will study/learn/develop/maintain.
- The technical model used should be reflected by the drills and activities that you have the athlete perform
- The goal of the athlete is to look and develop a similar style to the model that is being taught.
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The year long training plan can be broken down into 5 different categories:

- **Active Rest** – athletic related activity (no event specific activity), other athletic team activity
- **General Prep/Conditioning** – Strength work, introduce BASIC vaulting skills, high volume or running, approach work
- **Event Specific** – Introduce advanced vaulting skills, acceleration, approach work

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The year long training plan can be broken down into 5 different categories cont......:

- **Competition Specific** – short approach/long approach work, jumping at a clearable bar in practice, speed development
- **Championship Specific** – refining technical model, approach work, speed endurance
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- **General Prep/Conditioning**

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**Event Specific**

- **Sunday October 25th, 2009**
  Day Off

- **Monday October 26th, 2009**
  800m Warm-up, Running Drills, Flexibility Drills
  - 3 x High Knees, Heel-to-Butt-to-High Knee, Straight Leg Run, "B" Skip w/pole *20m*
  - 3 x 20/20's
  - 5 x 8 step pole runs in spikes
  - 10 x walking plants (ground) & 10 x walking plant (Isi’s)
  - 10 x take off from small box to front bun w/ stubby
  - 5 x PV Drills (One arms, Pop-ups, Swing –in- turn)
  - 3-step jumps (High Plant/Free Take-Off) *Start to turn jumps up*

**WEIGHTS**

- **Tuesday October 27th, 2009**
  800m Warm-up, Running Drills
  - 15 x 20m in spikes w/3-4min rest
  - Rope Room w/coach Martin

**WEIGHTS**

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Event Specific

- Wednesday October 28th, 2009
  800m Warm-up, Running Drills, Flexibility Drills
  3 x High Knees, Heel-to-Butt-to-High Knee, Straight Leg Run, “B” Skip w/pole “20m”
  3 x 20/20’s
  5 x 8 step pole runs in spikes
  10 x walking plants (ground) & 10 x walking plant (Isi’s)
  10 x 6 foot take off drill w/stubby
  5 x PV Drills (One arms, Pop-ups, Swing –in- turn)
  3-step jumps (High Plant/Free Take-Off) ”Start to turn jumps up”

WEIGHTS

- Thursday October 29th, 2009 (w/Team)
  800m Warm-up, Running Drills
  14 x 200m Men:34sec Women:41sec 3min rest

WEIGHTS

- Friday October 30th, 2009
  10 x 3 step plants into sand
  Rope Drills w/coach Martin

- Saturday October 31st, 2009
  15min light jog & Stretch

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Competition Specific

- Sunday January 3rd, 2010
  Day Off

- Monday January 4th, 2010
  800m Warm-up, Running Drills
  3 x High Knees, Heel-to-Butt-to-High Knee, Straight Leg Run, “B” Skip w/pole
  10 x walking plants (ground) & 10 x walking plant (Isi’s)
  4 x Accelerations in spikes
  3 x PV Drills (One arms, Pop-ups, Swing –in- turn)
  4 x 8 step Pole Runs w/mark
  3 or 6 step jumps (High Plant/Free Take-Off/Fast Swing)

WEIGHTS

- Tuesday January 5th, 2010 (Team Meeting 3:30pm)
  800m Warm-up, Running Drills, Flexibility Drills w/Med-Ball out in front
  7 x 40m all out in SPIKES 4-5 min rest
  Rope Drills (Run & catch, Plant/Take-off, Run/Catch/Swing) x 6

- Wednesday January 6th, 2010
  800m Warm-up, Running Drills
  3 x High Knees, Heel-to-Butt-to-High Knee, Straight Leg Run, “B” Skip w/pole
  10 x walking plants (ground) & 10 x walking plant (Isi’s)
  4 x Accelerations in spikes
  3 x PV Drills (One arms, Pop-ups, Swing –in- turn)
  4 x 8 step pole runs with sliding box
  8 or 6 step jumps (High Plant/Free Take-Off/Fast Swing)
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**Competition Specific**

- **Thursday January 7th, 2010**
  - 800m Warm-up, Running Drills, Flexibility Drills w/Med-Ball over head
  - 6 x 150m @ 90% 2min rest

- **Friday January 8th, 2010**
  - 800m Warm-up, Running Drills
  - 3 x High Knees, Heel-to-Butt-to-High Knee, Straight Leg Run, "B" Skip w/pole
  - 6 x hurdle runs in spikes
  - Rope Drills (Run & catch, Plant/Take-off, Run/Catch/Swing) x 6

- **Optional Jump Day (Athlete/Coach input)**

- **Saturday January 9th, 2010 (Practice time TBD)**
  - 800m Warm-up, Running Drills
  - 3 x High Knees, Heel-to-Butt-to-High Knee, Straight Leg Run, “B” Skip w/pole
  - 10 x walking plants (ground) & 10 x walking plant (Isi’s)
  - 4 x Accelerations in spikes
  - 3 x PV Drills (One arms, Pop-ups, Swing –in- turn)
  - 8 or 6-step jumps (High Plant/Free Take-Off/Fast Swing)

**WEIGHTS**
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Championship Specific

- **Sunday February 21st, 2010**
  Day Off

- **Monday February 22nd, 2010**
  800m Warm-up, Running Drills,
  3 x High Knees, Heel-to-Butt-to-High Knee, Straight Leg Run,
  “B” Skip w/pole
  10 x walking plants (ground) & 10 x walking plant (Isi’s)
  4 x Accelerations in spikes
  3 x PV Drills (One arms, Pop-ups, Swing –in- turn)
  6 x 8 step Pole Runs w/sliding box
  6-10 x 8 step jumps at a bar

**WEIGHTS**

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Championship Specific cont...

- **Tuesday February 23rd, 2010 (Team Meeting 3:30pm)**
  800m Warm-up, Running Drills, Flexibility Drills w/Med-Ball out in front
  2 x 150m @ 98% in **SPIKES** full recovery
  6 x Rope Drills (Run & catch, Plant/Take-off, Run/Catch/Swing)

- **Wednesday February 24th, 2010**
  800m Warm-up, Running Drills
  3 x High Knees, Heel-to-Butt-to-High Knee, Straight Leg Run,
  “B” Skip w/pole
  10 x walking plants (ground) & 10 x walking plant (Isi’s)
  4 x Accelerations in spikes
  3 x PV Drills (One arms, Pop-ups, Swing –in- turn)
  4 x 8 step pole runs with sliding box
  3 step jumps (High Plant/Free Take-Off/Fast Swing)

**WEIGHTS**
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Championship Specific cont...

- **Thursday February 25th, 2010 (Travel Day)**
  - 800m Warm-up, Running Drills, Flexibility Drills w/Med-Ball over head
  - 3 x 40m @ all out in spikes full recovery

- **Friday February 26th, 2010 (pre meet day)**
  - 800m Warm-up, Running Drills
  - 3 x High Knees, Heel-to-Butt-to-High Knee, Straight Leg Run, “B” Skip w/pole
  - 4 x Accelerations in spikes
  - 3-4 8 step jumps or whatever is needed

- **Saturday February 27th & Sunday February 28th 2010**
  - Compete in the Missouri Valley Conference Championships

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Drills: Why they are important!

It is important to introduce a series of drills that simulate all phases of the jump
- Approach
- Plant
- Take-off
- Swing
- extension/turn

- Vault drills should be a very important aspect of any training program
- Can be used as an extended “warm-up” for the athletes before they begin to jump
- Drills Isolate a certain movement so the athlete and coach can work on one aspect of the jump
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- Drills: Why they are important! cont....
  - Learn the drill at a slower speed. After the athlete has mastered the drill then work on speed.
  - The coach must make sure that the athlete is learning the correct way to do each drill.
  - If the athlete learns the incorrect way to do drills, that will transfer to the pole vault technique once the athlete starts to jump from 3/6/8 steps.
  - Once he athletes moves to jumping at 3/6/8 steps, the coach must emphasize to the athlete to try to model the full jump after the drills. Or connect the dots, put it all together.

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- Flexibility Drills
  - Hurdle walk-over
  - Hurdle over & unders
  - Hurdle straight leg swings at the side
  - Hurdle bent knee swings at the side
  - Many more.........
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- **Approach Drills**
  - First 2/3 steps (working on good push)
  - First 5/6 steps (working on early acceleration)
  - Running w/ high knees w/pole
  - Heel to butt to high knee w/pole
  - Straight legged run w/toes up (claw back)
  - "B" skip w/ pole
  - 20/20’s (20 steps in 20 meters)

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- **Pole Runs**
  - All pole runs are done from a 8/9 step approach. Runs are to be done with a slow to fast rhythm with the plant at the end!
  - Pole Runs w/ no towel
  - Pole Runs w/ towel
  - Pole Runs w/ Sliding Box
  - Pole Runs w/ mini-hurdles
  - Pole Runs w/ min-hurdles & towel
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- **Plant Drills**
  - 3 step walking plants with pole tip hitting the ground
  - 3 step walking plants with pole tip off the ground
  - Wall Drill
  - Continuous skipping plants
  - 3 step plants into sand
  - 3 step plants off box into sand
  - 3 step plants – ground-box-ground
  - Take off into front bun off box w/ high plant
  - 3 step Russians

- **Take-off Drills**
  - No step take-off into sand
  - Front bun to front bun
  - Upper pit to front bun
  - 6 foot take-off drill
  - Take off into front bun off box w/ high plant
  - 3 step take-off drill w/coach support
  - One arm’s (*Plant Drill as well*)
  - 3 step Russians
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- **Swing Drills**
  - Full Swings
  - Full Swings w/close off
  - Full Swings w/Turn
  - One arm’s into full swing
  - Kick the football

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**Gymnastic Components**

- High Bar Drills
- Rope Drills
- Ring Drills
- Tumbling Drills
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- **High Bar Drills**
  - High Bar Swings
  - High Bar Swings w/Coach
  - Split Bubka’s
  - Half Bubka’s
  - Full Bubka’s
  - Muscle-ups
  - Giants

- **Rope Drills**
  - Standing Bubka’s
  - Hanging Bubka’s
  - Take-Off’s
  - Take-Off’s w/full Swing
  - Run-n-catch
  - Run-n-catch w/Swing
  - Upside down rope climb
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- Ring Drills
  - Swings
  - Hanging Bubka’s
  - Skin the cat
  - Muscle-ups