

Gold Medal Motion

HARRY MARRA  
2012, 2016 Coach of the Year

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# High Jump Simplified

Coach MARZA  
FALL 2009  
U. OREGON



\* ESTABLISHING POSTURE # 8  
BODY ESPECIALLY

CONNECT TO COMPONENT TO

5-9-048

SEE MIDDLE STATEMENT

6-8" across

9-12"

START

R1

L1

R2

L2

R3

L3

R4

L4

R5

L5

R6

L6

R7

L7

R8

L8

Focus Point

TARGET

# POLE VAULT - KEY COACHING / TEACHING FACTORS FOR SUCCESS - "BULLET CUES"

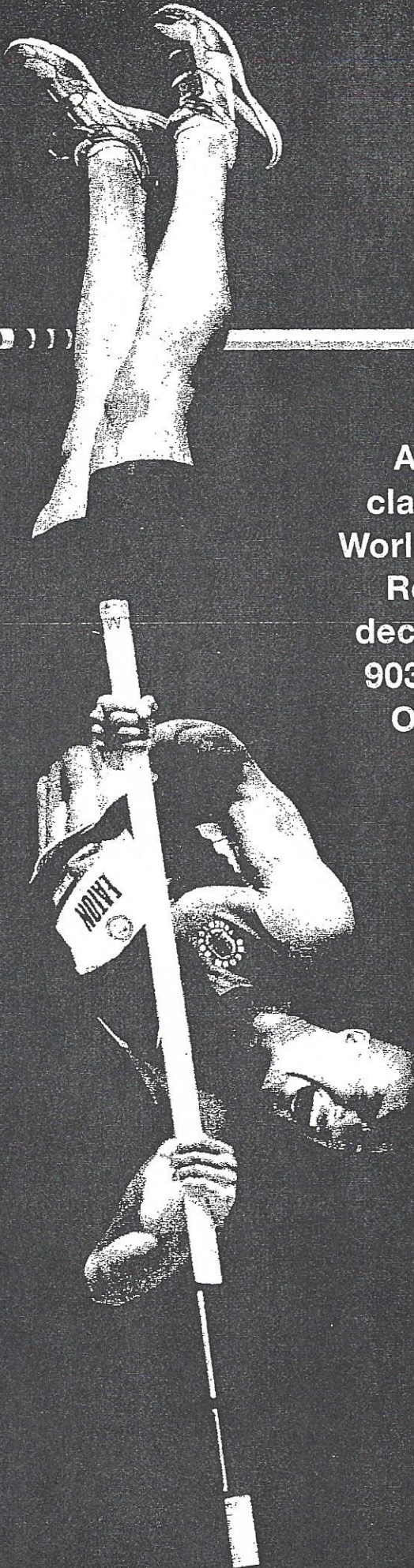
1. Run way + T/O = 90% OF TV
2. Plant STEP @ START OF APPROACH
3. HO UP / CHEST UP Throughout
4. SPLITS IN THE MIDDLE OF APPROACH -  
SLOW TO FAST
5. BOTTOM HAND (L) ARM
  - A. ELBOW POINTED DOWN
  - B. HAND @ CHEST Throughout
6. "Firm LEFT" eye
7. PERPENDICULAR + PENULTIMATE
8. RED / WHITE COMBINATION @ PLANT
9. RIGHT KNEE Throughout
10. BUBKA @ END.

TEACH / DO THESE 10 CUES &  
IT GUARANTEES SUCCESS!

Harry Mann  
12-16



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**Ashton Eaton  
claimed both the  
World and American  
Records in the  
decathlon with his  
9039 score at the  
Olympic Trials**



**OTC ELITE**  
**MULTI EVENT ATHLETES**  
**FULL MED BALL PROGRAM**  
**( PARTNER OR WALL )**  
**Harry Marra**  
**Combined Events Coach**

CHEST PASS  
STANDING OHF  
SHOULDER RIGHT OHF  
SHOULDER LEFT OHF  
STANDING HIP CATCH & TOSS  
V – UPS 20  
SOCCER PUSH  
HURDLE REACH  
PARTNER EXCHANGE  
PARTNER KNEE TOSS  
PUTTS RIGHT  
PUTTS LEFT  
SEATED ROLL CHEST  
SEATED ROLL OVERHEAD  
PIKE & SHOOT  
REACH & HIKE  
BACK TOSS ( FLICKS )  
SEATED OBLIQUE CATCH & TOSS  
FOOT HOPS ( ANKLE FLICKS )...\*\*optional exercise  
LEG AD / ABS  
PRONE OHB  
HAMMY FLICKS  
ARM AD / ABS  
KNEELING FRONT LOADER  
HIGH KNEE MARCH  
DOUBLE WAMMY  
SLAM DOWNS  
TORSO CIRCLE ( RIGHT AND LEFT CIRCLES )

\*\* Add in periodically, specific needs for events that day:

Multi throws: OHB, UNF, DL HOP & PUSH ( all to shock system awake )

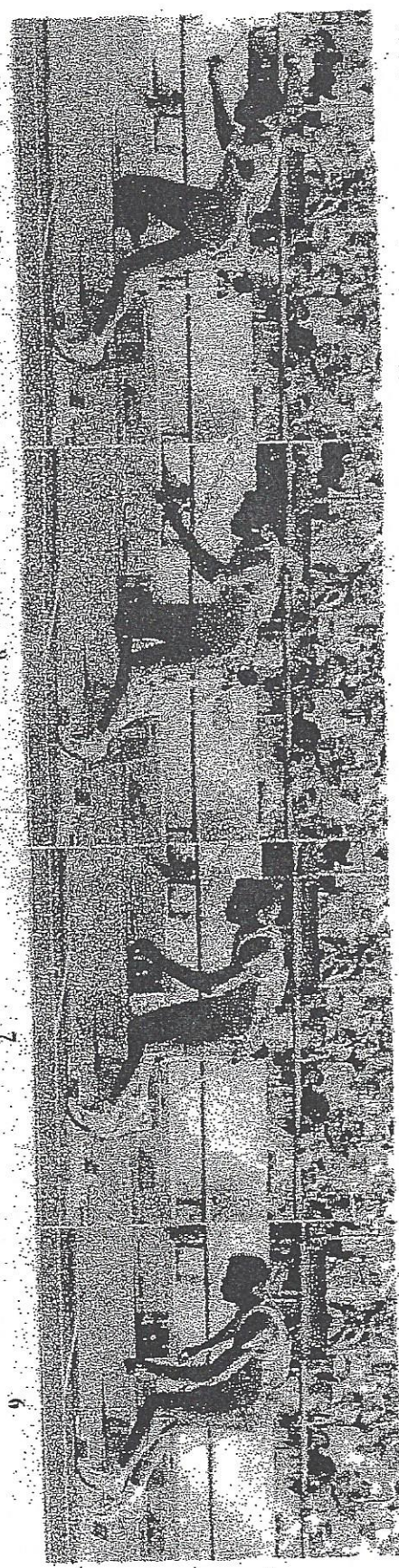
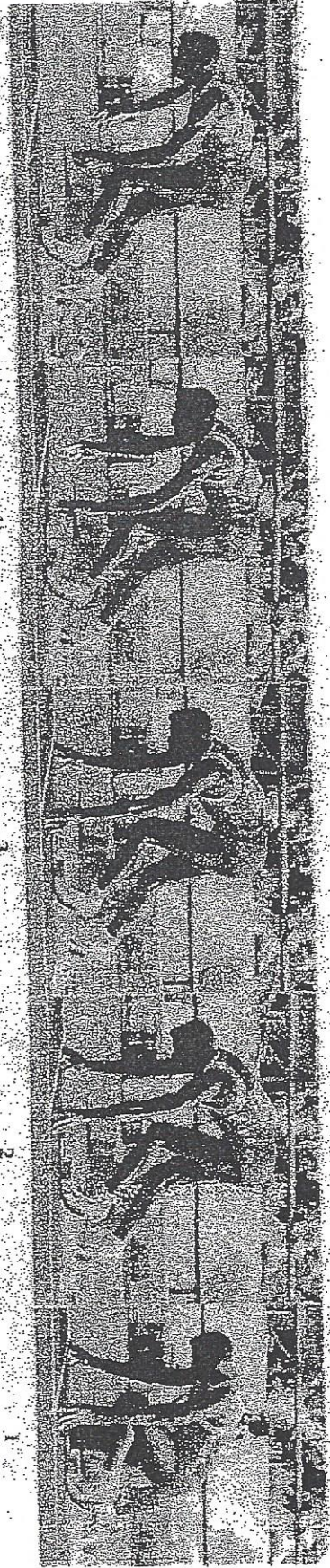
Updated: January, 2013



# SPRINT START BLOCK MECHANICS

~~1000~~ CAN 1

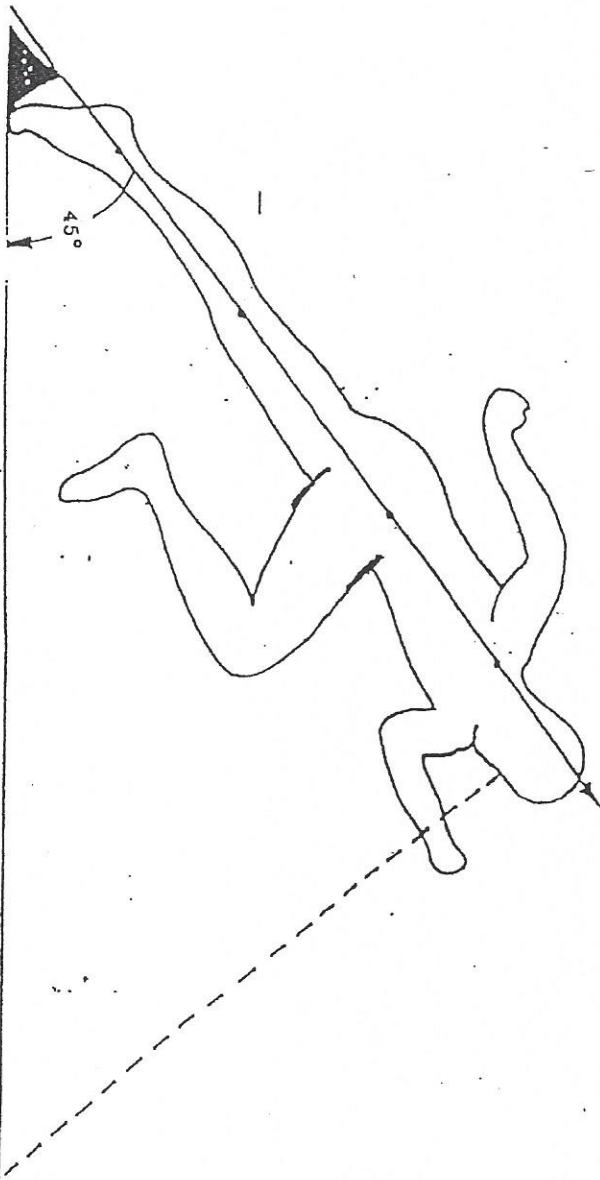
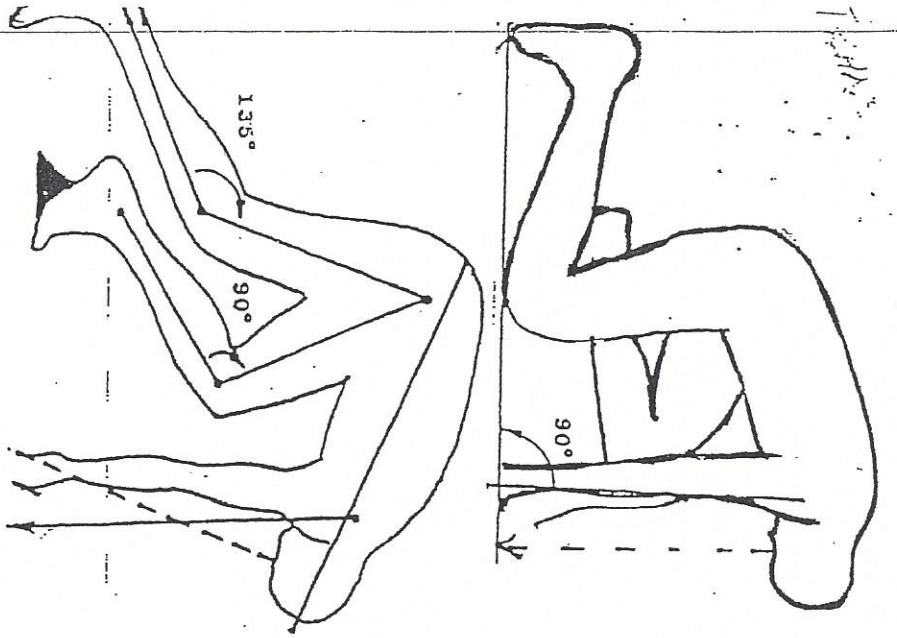
A'84  
200m



## RACE

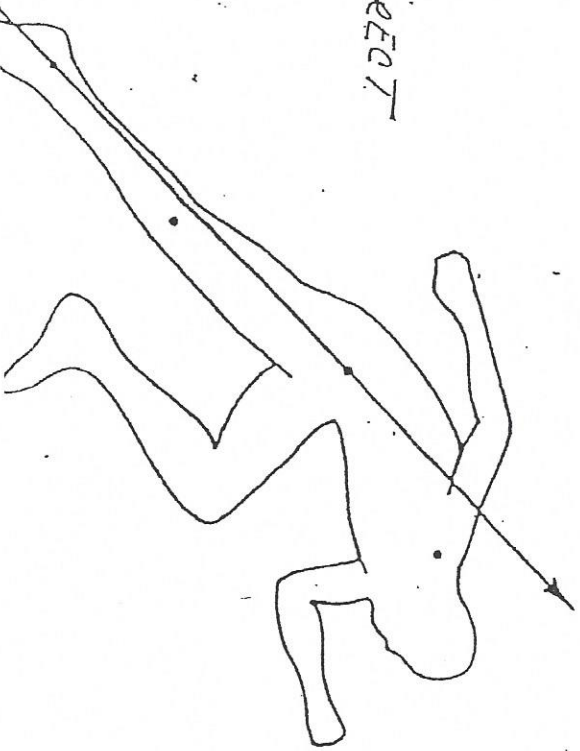
- 1 - Reaction Time / Phase - 1%
- 2 - Block Clearance Time / Phase - 5%
- 3 - Acceleration Time / Phase - 60%
- 4 - Maintenance of Speed Time / Phase - 30%
- 5 - Deceleration Time / Phase - 4%

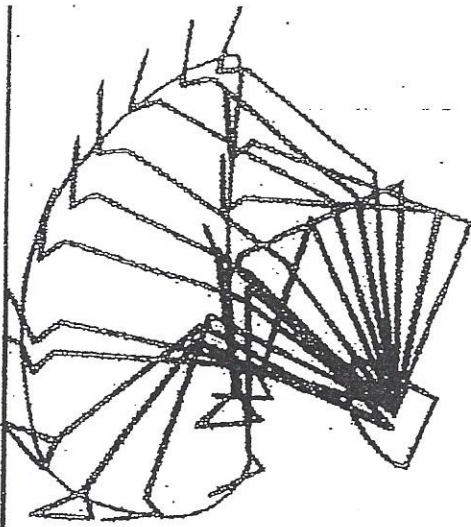




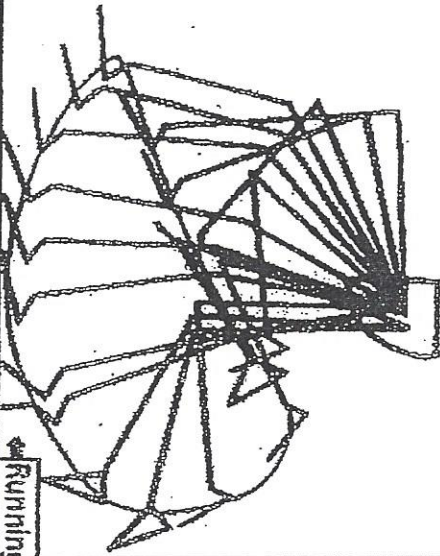
CORRECT 1 2

IN CORRECT



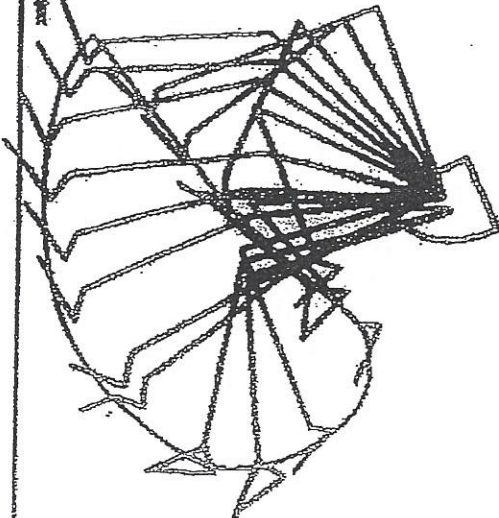


INCORRECT



CORRECT

Running direction



INCORRECT



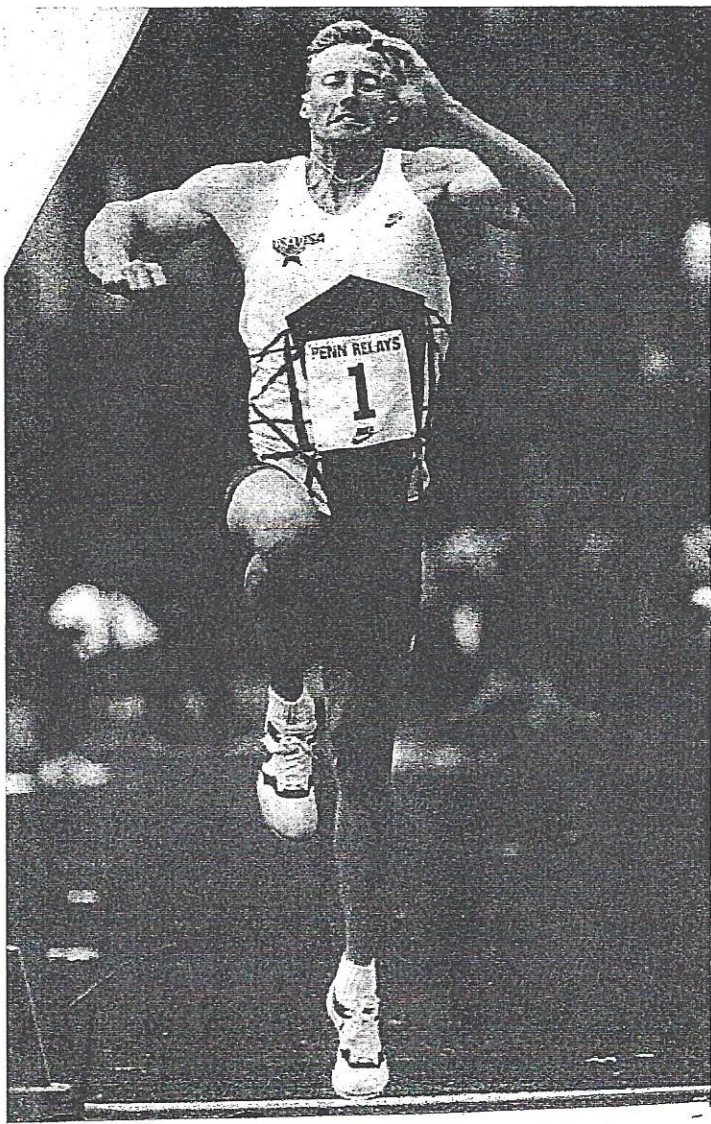
## STARTING BLOCKS ... A GENERAL DESIGN AS TO HOW TO ESTABLISH INITIAL SPACING

1. Have the athlete kneel on the track on both knees.
2. Place the toe of the front foot ( strongest foot / leg ) 3-4 inches behind the knee of the rear foot.
3. Have the athlete place his hands on the ground so that the knee of the front foot comes to the mid point of the arm ( at the elbow joint ).
4. The lower leg of the front leg now should be parallel with the ground in this position.
5. The shoulders should be directly over the hands and a balanced position should be established. The fingers of the hands should be such that an inverted U occurs between the thumb and the first finger. Most of the pressure is on the middle finger knuckle at the SET command.
6. This balanced position occurs between the hands on the track and the knee that is on the ground ( rear leg ).
7. If balance is established, then the athlete should be able to hold this position without discomfort for a long period of time. ( 3 minutes minimum ) This holding of the ' on your marks ' position is a great training device in its own right.
8. Place the foot of the front leg so that 1-2 inches of the toe are in contact with the track...DO NOT ride the front block with the front foot.
9. Place the foot of the rear leg so that it's just touching the track.
10. Place chalk marks at the hands on the track and the toes of both the front and rear legs.
11. Have the athlete stand up and now get the pedals from the starting blocks and align them with the foot chalk marks.
12. Set the pedals into the support bar of the start blocks and bring the blocks to the start line.
13. NOW you have a GENERAL set up for the placing of the blocks that might work for the athlete. Dependent upon a number of factors,( age, strength, experience, flexibility, body type, etc. ) a slight tweaking of these block pedals will be necessary.

July, 2019 Coach Harry Marra

Gold Medal Motion





# LONG JUMP

## "SIMPLIFIED"

By COACH HARRY MARRA

### "CUES"

1. POSTURE - SPRINT MECHANICS.  
A MUST -- 90-95% OF HTS IS THE APPROACH + T/O
2. 1ST MOVEMENT OUT OF BACK:  
A. HDUP/CHEST UP  
B. PUNT STEP  
C. SLOW TO FAST
3. RUNWAY: ESTABLISH + MAINTAIN "SPLITS" + RHYTHM THROUGHOUT.
4. COUNT: ALWAYS HELPS TO MAINTAIN RHYTHM.
5. RUN THROUGH THE T/O: NOT TO THE T/O!
6. PERNITIMATE: REMAIN PERPENDICULAR THROUGHOUT.  
A. HEAD W/ THE HEE! BUT FOOT GOES DOWN FLAT  
B. ARM CARRY HERE IS CRITICAL ASPECT OF A SUCCESSFUL PERNITI.



7. "CHECK" OF PREMATURE ROTATION @ T/O -- SEE (1) ABOVE PTC!!

8. "TRUST" THE FINAL 3 STEPS - REMAIN PERPENDICULAR.

9. "DON'T LAND!" TAKE IT TO THE BACK OF THE PIT.

10. MAKE YOUR ENEMY (ROTATION), YOUR FRIEND AS YOU HIT THE SAND.

11. "SAVE THE JUMP" - EXIT THE BACK OF THE PIT.

\*\* SHELDON BLOCKBURGER  
8.03 m - USA DECATHLON  
PICTURE PERFECT TAKE OFF!  
PENN RELAYS GOLD