

www.polevaultU.com



Winter Camp  
Summer Camps  
Fall & Winter Weekend camps

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**Ideas I am presenting comes from:**  
 years of questioning my own ideas/methods.  
 using camps to gain insight on better ideas.  
 implementing these at the camps, KU & Neb.

**One camp we evaluated their Swing-up**  
 50% of the campers demonstrated good trail L.  
 They had a pretty trail leg but...  
87% of that 50% had poor hip swing???  
 84% of them had a poor plant  
 95% of them had a poor takeoff

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**Next year's camp we did a survey**  
 To vault high I should focus on:

1. Swinging-up
2. Pulling      Obvious Tech.
3. Pushing-off      Components
4. Clearance style
5. Planting high
6. Running fast      Discrete Tech. Components
7. Pole carry
8. Jumping at takeoff

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**When we emphasized the obvious comp.**  
They executed them .25 to .50 seconds early  
Swing-up suffered

**When we emphasized the discrete comp.**  
They executed them on time to .20 secs late  
Swing-up improved

**Earlier use of bar** - Less tech improvement  
**Later use of bar** - More tech improvement

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## Technical Phases

- Approach
- Plant
- Takeoff
- \*Follow-thru
- Swing-up
- Invert thru Release
- Clearance

Allexis Phases

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## "Positioning Yourself to Learn"

"To learn, you must be engaged mind, body and heart."

- Physical Positioning (body)
- Emotional Positioning (heart)
- Mental Positioning (mind)

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## "Positioning Yourself to Learn"

"To learn, you must be engaged mind, body and heart."

### Physical Positioning (body)

"Placed in the right position and given the right cue the body will do what you want it to."

Posture – sprinting, planting, taking off

Ankle Position when sprinting

Hip Position when sprinting

Plant Position – start and finish

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### \*Emotional Positioning (heart)

"Emotions supply the energy and determination."

Dread

Disengaged (Satisfied, disinterested)

Fear or feeling of insecurity

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### Mental Positioning (mind)

"The proper cues give us greater access to the body's miraculous nervous system."

Concept Cues Clues Concentration

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## \*4C's of Learning to Jump

### CONCEPT

What am I trying to accomplish  
How will I execute the skill  
Why should I do it this way

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## \*4C's of Learning to Jump

### CUES

Word or phrase use to describe  
Cue creates mental sensation  
Turns on the proper muscle groups  
Shuts down the improper groups

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## \*4C's of Learning to Jump

### CLUES

Drills – a clue to how it should feel  
Reps breathe life into the cue  
Transference of drill into the vault  
Drills don't make transfer automatic

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# \*4C's of Learning to Jump

## CONCENTRATION

- Conscious execution when vaulting
- Transfer feel of drill to the vault
- Reframe tech. objective and feel
- Create incentives for better concent.
- Use and understanding of Various LC's

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## Concentration

Concentration is an athlete's ability to shut out distractions and maintain his/her focus on the present task. A Narrow Internal Style of Concentration is essential to succeed in the Pole Vault.

- Broad or Narrow Focus
- Internal or External Focus

- Broad External - QB
- Narrow External - Batter
- Broad Internal – Beginning Vaulter
- Narrow Internal – Experienced Ver

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## Narrow Internal – to learn new skills

- To develop this style
  - Slow motion mimicking of part of vault
  - Blind drills (feel the positions and actions)
    - standing plants
    - walking plants and even box drills
    - jogging plant-takeoff
    - Box Inverts

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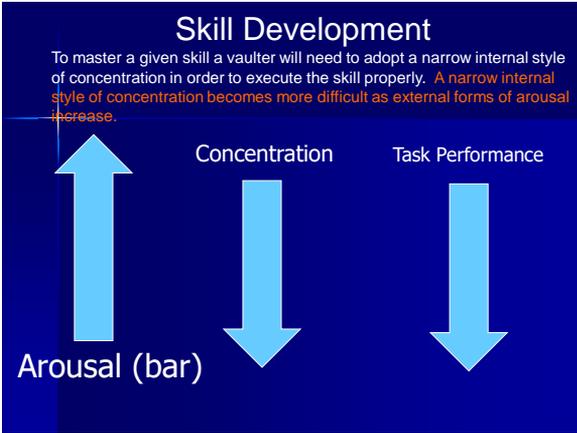
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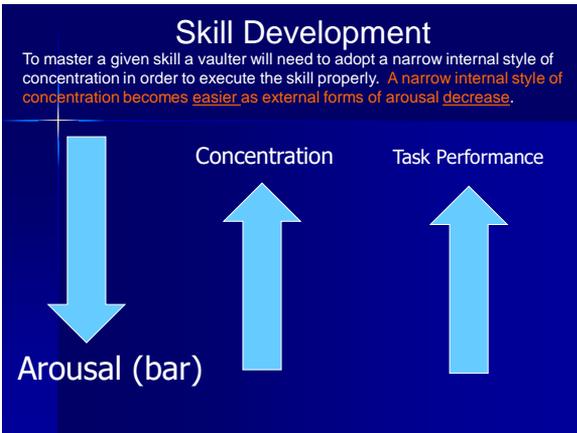
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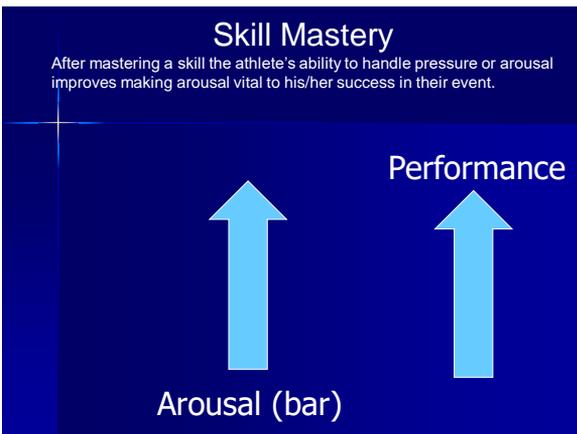
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Create an on deck box at practice to begin their routine before vaulting.

If they are talking to a teammate when stepping on the runway they lose their turn on the runway.

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### Phase Progression

Good early season – before using a bar

The goal is to execute a set of skills properly before going to the next

Each athlete may work on something different than his teammates

Approach – 5 x Quicken Rhythm

Plant-takeoff – 5 x Perfect Plant / takeoff

Swing-invert – 5 x Good Drop & Close

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### PHD's

Vaulter must earn the right to vault at a higher bar by completing a task

The task is to clear the bar and execute a specific skill correctly x ?

Each athlete may work on something different than his teammates

5,4,3,2,1 PHD (10 strides)    3,1,1 PHD (long run)

- |          |           |
|----------|-----------|
| 5 x 9    | 3 x 11    |
| 4 x 9-6  | 1 x 12    |
| 3 x 10   | 1 x 12'6" |
| 2 x 10-6 |           |
| 1 x 11   |           |

The next practice the athlete should start 6 inches higher than the last session

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## Tandem session

During the vault session each vaulter will go through 2 or 3 steps for each vault.

He/she will do a series of drills then vault and if possible see the replay

The drills will be determined on what the vaulter is focusing on that day

### Drills

5 Wall Plants

1 or 2 x Sliding box drills (tip drill)

Vault PHD

Video ? (if possible)

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## Learning Concepts (LC's)

### Understand Obvious Skill Component of event

Throwing hard - Javelin

Swinging & Pulling – Pole Vault

### Anticipation creates pretension

Pretension for Springing upward at takeoff & Closing off

### Overly Anticipating causes early initiation

High emphasis creates anticipation and .2 to .45s early exec.

Early execution interrupts important components

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## Learning Concepts (LC's)

### Focus shift and pretension

Focus on an action creates pretension (eg. Spring-up)

Shifting your focus to another action will change pretension (eg. Spring-up to Swing-up)

TJ - Bouncing up off the runway to Reaching for distance

### Understand the proper execution (concept)

### Understand the cause and effect

Early swing-up causes low takeoff & pole sinks/overbends

Good Spring-up, reach-up and stretch-up initiates.....

A powerful ELASTIC SWING-UP

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## Learning Concepts

### Cue the cause not the affect

Close-off angle of torso and top arm instead of get feet up

### Spatial Perception and Adaption

Steering into takeoff or targeting the drop of tip into box

### Roll of short run jumps

6 to 10 strides not for max. height or distance / competition

What effective for a short/slow run is wrong for a long/fast run

Lunging forward is more effective with a short/slow run

Forced swing-up is more effective with a short/slow run

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