



# Thompson's Athletic Coaching

These notes are intended as an aid only. How an athlete is taught the High Jump depends on their age, both mentally and physically, and their athletics ability generally. There are also an enormous number of drills designed to teach specific parts of the jump and to assist in fault correction please refer to your manuals and literature for full details.

The following notes will assist in clarifying some of the issues identified in the coaching manual. The ATFCA OTC and Level 1 manuals are truly excellent guides and really do cover most of the issues you will face coaching a starting or developing young athlete.

## 1. TAKE OFF LEG AND RUN UP

If you are jumping from the left side you will take off from your right foot and if you are jumping from the right side you will jump from the left foot. If you run odd number of steps then the foot you start on is the foot you jump on.

### Left Side

	L		L		L		L		L		L		L	[Jump]
R		R		R		R		R		R		R		R
1		3		5		7		9		11		13		15

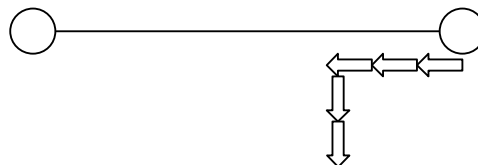
### Right Side

	R		R		R		R		R		R		R	[Start]
L		L		L		L		L		L		L		L
15		13		11		9		7		5		3		1

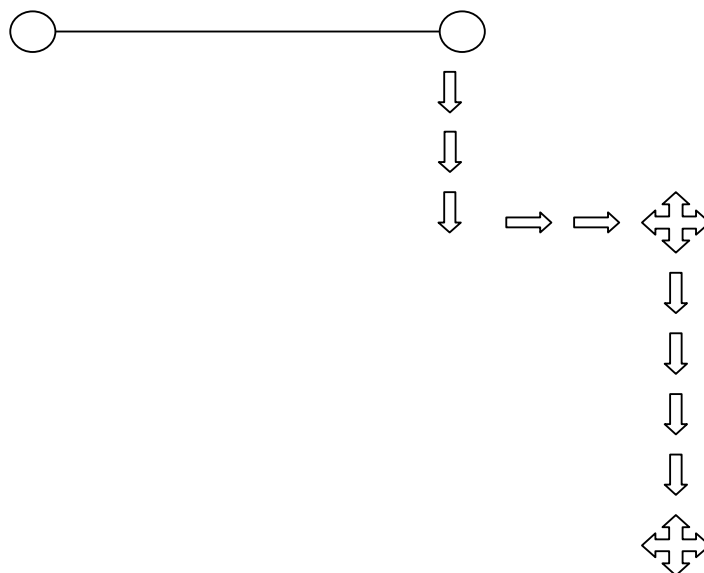
## 2. TAKE OFF MARKS

### Take of position (Last Step)

From upright walk 3 shoe lengths turn 90 degrees and walk 2 shoe lengths. This is where you last foot fall lands (Take of plant)



### Run up (5 stride jump) (7 Step run up)



You are allowed two only markers in High Jump. The stars mark where your markers should be!

### 3. TEACH PROGRESSION & DRILLS

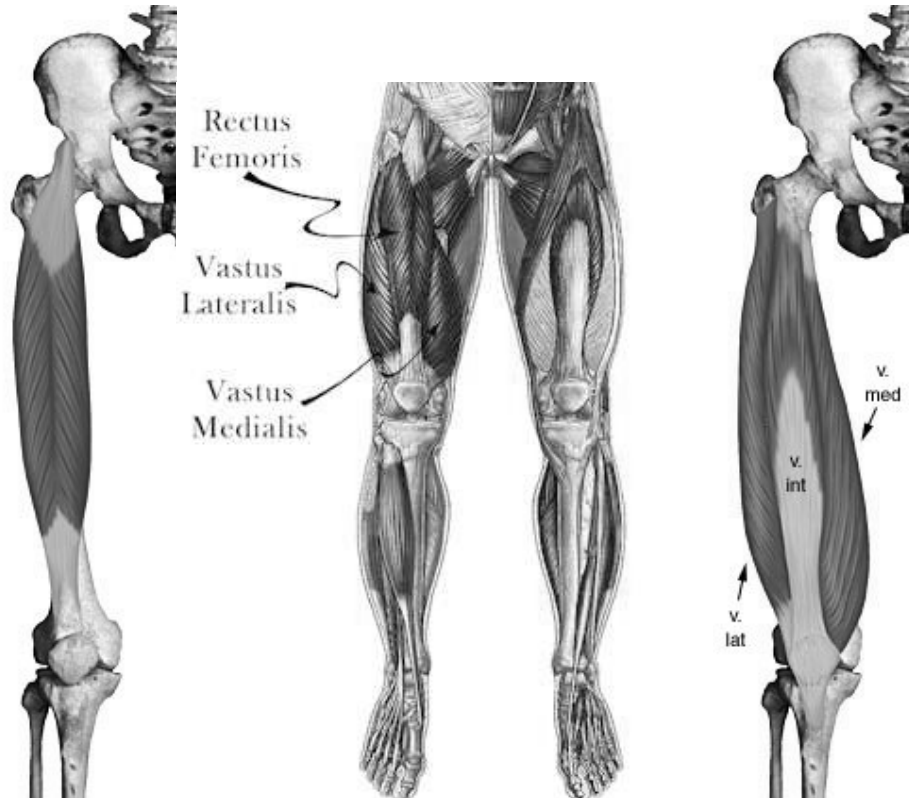
- A. Determine run up and marks. Get the athlete to practice setting out the marks for the 5 step.
- B. Tell the athlete what is expected of them e.g. run up, lean, arm placement, plant, leg drive, arm drive, turn, pike & leg extension.
- C. Practice run through with emphasis on lean away from bar.
- D. Using three step practice foot placement, arm placement, hip set, leg extension – Myotonic set step up onto mat
- E. Practice trail leg drive – emphasis knee drive – kicking up towards the post with leg extended (Either knee drive – like long jump or swing with leg extended depending on level of athlete flexibility etc)
- F. Practice full drill D & E over flexi bar
- G. Practice arm extension; head looking along bar, lead hand placement and rotation into flop.
- H. Practice ‘Pop ups’
- I. Practice flop – stand with back to mat (no bar) slight pigeon toe alignment. Jump onto mat emphasis arm extension, pike and leg extension on clearance of bar. Look for plant leg retraction to commence arch of back
- J. This is where we start getting nervous – get the kids back into their runs ups and give it a go!
- K. Fault correction – the last three steps should be fastest, they should be high and leaning away from the bar, foot twisted on plant – should be natural position, No

Myotonic set up with pelvic tilt, head drops etc should be high and across bar, they don't set or drive with the arms, lead hand does not assist rotation, they don't pike and they don't straighten their legs after the pike.

#### 4. MYOTONIC FUNCTION

##### Function of Quadriceps

The term "quadriceps" is derived from the Latin root meaning, "four heads." We can list the four heads of the quads as: the vastus medialis, (that teardrop shaped muscle on the inside of the thigh just above the knee), the rectus femoris, vastus intermedius, and vastus lateralis. The quads cross both the hip and the knee joints as do the hamstrings.



To get the best out of you jumper the leg muscles should be tensed prior to plant and the pelvis should be titled forward to get the best use of the rectus femoris and the other pelvic muscles and stabilisers. So on the plant the arms should be drawn back to straighten the spine and head, the pelvis titled up and the muscles engaged prior to the jump. How they plant and use the foot/leg combination determines whether they are a 'Power' jumper or a 'Speed' jumper. (This is a very simplified explanation consult literature for full details)