

Safe, low maintenance point scoring program

Coach the kids to land safely and bail safely by doing sand pit and on field over tip drills. During these and all drills be sure of good positions and timing. Muscle memory is the key. Limit actual full run pole vaulting and do more short run vaulting. Keep the standards all the way back all the time except maybe later in the season. Mostly shorter and smaller poles and work on technique. Simplest and easiest to explain is two key positions connected by a swing. First position is at tip impact with high plant and while jumping. Second position is the invert (spine inverted), and preceded by a whipping swing. These can be worked on with overtip drills and overtip drills with invert (in pv pit). Train for approach and takeoff and high bar strength (lots). Approach drills on the track are great for both running and working on the plant and takeoff at near real speed.

More advanced vaulting ideas and training

With a good kid, or if your program is more advanced, then all the basics apply, of course, but also there are more detailed timing and positions that are needed. A serious physical training program can really pay dividends.