

# Pole Vault: Phases/Objectives

Overall Objective: **Safely** vault high: Get good App, Pl, and TO and land deep in the middle of the pit – all effort towards this.

Objectives for each phase:

0- Prepared: Use correct pole and grip, approach length, standards: Adjustments

1- Max Feasible speed, consistent, accurate, accelerating: App drills, Sbox, RUN!

2-Reach high with direct motion and timing: plant drills: walking, running

3-Max effective angle: jump up and in, good posture: straight pole, TO drills

4-Pre-C: Drive Chest up and in, arm drag, set trail leg up and back: SU, Sbox

5-Whip st. trail leg (FAST!!), power up to invert: gymnastics, straight pole, PV

6-Hips above shoulders while pole still bent: Strength, swing, st pole inverts

7-Centered and aligned, face down, landing deep and **safe**: clear drills, tramp



0 - PVD



1-Approach



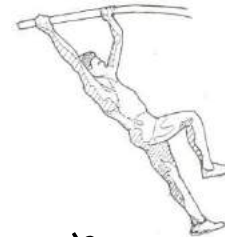
2-Plant



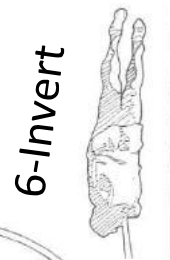
3-Takeoff



4-Follow Through



5-Swing



6-Invert

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