

Pole Vault Coaching Notes (revised 1/05)

Misconceptions

- “Hold high to go high”
(Form first, grip second. A boy can qualify for state on 13’ pole)
- “Girl’s don’t have the upper-body strength...”
(Young girls often have greater strength than young boys do.)
- “Short and stocky is the desired physique” (Fast, Strong, TALL is best.)
- “Worst athletes on the team” (Should be you *best* athletes.)

Identifying Potential Vaulters on Your Team

Divers, Gymnasts, Football players, Soccer players, & wrestlers.
The faster, taller, and stronger the kid, the better the vaulter.
Fast is the single greatest characteristic of a vaulter.



Pole Sales
Pole Rentals
Club Vaulting

Philosophy...

Consistency → Safety → Confidence → Success

HELMETS—No Negative Effect and Safety benefit.
All poles taped and marked the same (Taped & Marked by vaulter)
The vaulter knows each starting mark...Magic step idea (stride length).
Progression Idea...To be done EVERY vaulting day.
Start with low grip, short approach, and small poles.
Gradually work up the grip (2”), approach (2 steps), and pole strength (5lb)
Pattern all vaulting workouts the same as the meets.
(Warm-up, Progression, Supervision/Coaching Time)
Coaches should be a resource for the vaulters, not a crutch.

Training

Vaulters should not vault more than three days per week total.
—In fact one practice, one meet is ideal.
All vaulters should train for sprints or hurdles, LJ or TJ.
—Huge overlap in training.
—You will vault higher if you train for more than just vaulting

Coaching Steps “X,Y,Z”—KISS Theory

- Goal: to safely start beginners w/o tons of coaching time.
- 1) Start all vaulting in the long jump sand pit (Indoors with a sand-bag and tumbling mats)
 - 2) Emphasize “Rt hand to Rt Hip”
Always land in the center of the pit
Always maintain Balance
 - 4) Experiment. With enough desire, and after some experimenting, you will by yourself figure out most of the vault. Most coaching of beginners gets in the way and often slows progress. When you get stuck, ask for help.
 - 5) Know and use the vocabulary list—this will help everyone understand you, and help you pick up secrets from other coaches at competitions and camps.
 - 6) Learn to self-diagnose your own jumps. Know and understand when you should change grip, pole, and approach—Eliminate your need for coaching.

Vault Diagnosis (TELLS)				
What to Change	Vaulters landed...		Pole bent...	
	Too Deep	Too Shallow	Too much	Hardly at all
Pole Change	Move to Stronger pole	Move to Softer pole	Move to Stronger pole	Move to Softer pole
Grip Change	Raise grip	Lower grip	Lower grip	Raise grip
Approach Change	Shorten approach	Lengthen approach	Shorten approach	Lengthen approach
Standard Change	Move Backward	Move Forward	Depends	Depends
IDEAL Result	4' past the box Centered (left-to-right)		90° (or a little more)	

FAQ's

- Q My grip fits on two different length poles. Which length pole should I jump on?
 A Always the shorter pole. Better to hold 13'6" on a 14' pole than 13'6" on a 15' pole
 Q I land too deep but can't raise my grip on the pole I am on. Which pole should I go to next?
 A When a vaulter successfully vaults on a pole which is 10lbs over her weight, she is ready for the next length pole AT her weight. When switching pole lengths, every (6") increase should accompany a (10lb) drop in weight rating. Provided the grip doesn't change, the two poles will *feel* nearly identical. If your next longer pole is (1') longer, then plan on 20lbs before switching.

Weight FEEL Chart

This chart works provided the grip doesn't change when the new pole length is selected.

Girls' Needs							
11'		11'6"		12'		12'6"	13'
130	=	120	=	110			
140	=	130	=	120	=	110	
150	=	140	=	130	=	120	= 110
160	=	150	=	140	=	130	= 120
170	=	160	=	150	=	140	= 130
180	=	170	=	160	=	150	= 140

Boys' Needs							
12'		12'6"		13'		13'6"	14'
140	=	130	=	120			
150	=	140	=	130	=	120	
160	=	150	=	140	=	130	= 120
170	=	160	=	150	=	140	= 130
180	=	170	=	160	=	150	= 140
190	=	180	=	170	=	160	= 150

Funding the Vault with No Budget

Kid fundraiser—Candy sales, car wash, Vault-a-thon—My 24 HS kids raised \$4000 in one 3h practice.
 Kid donate a pole—Hockey parents spend easy \$3000 annually, vaulter parents can buy one pole (\$250) per year.

Rent poles from www.flightdeckathletics.com

Pole Ordering

Order according to the weights of your vaulters

First order by 10lb increments

Then fill in by 5lb increments as you get the money

Beginning (girls/boys) (11' / 12') pole

Intermediate (girls/boys) (12' / 13') pole

Advanced (girls/boys) (13' / 14') pole

Best Height (8' / 10'6")

Best Height (9'6" / 12')

Best Height (11'+ / 13'6"+)

Which brand pole should I use?

Same Label—which label you actually choose doesn't really matter.

Carbon Poles—Lighter weight allowing for faster approach and better posture through plant.

Used poles? sure

Which Distributor www.flightdeckathletics.com

Questions

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