

National Federation of State
High School Associations



Pole Vault: Successful Skill Development

Available FREE at www.nfhslearn.com

Pole Vault: Successful Skill Development was designed to help both coaches and athletes. Coaches will learn to develop and teach the introductory skills of pole vaulting to their athletes, and the athletes will learn about basic concepts and drills that will further advance their knowledge in the sport. The vault offers a unique set of challenges for both coach and athlete and therefore demands a patient and methodical approach to teaching and learning the event. This course will present many of those step by step approaches to teaching.

The collage displays various elements from the 'Pole Vault: Successful Skill Development' course interface:

- Navigation:** A sidebar menu on the left lists course sections: Course Introduction, Starting a Beginner, Unit Introduction, Standing Grip Height, Positions of Hand on Pole, Balanced Pole Carry, Working With Straight Pole, Pop Quiz, Fun Fact!, Basic Laws of Physics, Drills & Coaching Techniques, Problem Solving, Equipment & Facility, Interactive Exercise, and Conclusion. A top navigation bar includes 'PREVIOUS', 'NEXT', and 'PAUSE' buttons.
- Lesson Content:** A screenshot titled 'Standing grip height:' features a bulleted instruction: 'To establish this position the athlete holds a pole by their side and reaches up with their top hand as high as they can on pole while standing.' Below the text is a 'CONTINUE >>' button.
- Resource Section:** A section titled 'Interactive Exercise' includes a 'Conclusion' and a video thumbnail showing a coach instructing a student. Below the video is a text box: 'Let's watch as the coach instructs a student through some jumping progressions. Notice the emphasis on grip height before the athlete begins. It is always better to use lower grip heights to teach new concepts. A lower grip means the athlete has to put less energy into the drill because it is easier to get the pole to the vertical. Grip can be raised as the athlete progresses.'
- Video Content:** A screenshot shows a virtual studio with two hosts, Stacy Dragila (2000 Olympic Gold Medalist, former world record holder) and Jeff Hartwig (Two-time USA Olympian, former American record holder). A 'VIDEOS' section below shows a video titled 'Lower grip' with a 'CONTINUE >>' button.





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Course Objectives:

- Starting a beginner – teaching proper standing grip height, width of hands on pole, and position of hands on pole.
- How to instruct beginning level pole-vaulters through skill development drills and build confidence.
- Maintaining a safe practice and competition environment – proper pad placement and securing of vault mat pads

Course Introduction

- Welcome and Introduction
- Learning Objectives

Unit 1: Starting a Beginner

- Unit Introduction
- Standing Grip Height
- Positions of Hand on Pole
- Balanced Pole Carry
- Working with Straight Pole
- Pop Quiz
- Fun Fact!

Unit 2: Basic Laws of Physics

- Unit Learning Objectives
- Unit Introduction
- Focus Through the Top Arm
- Keep Head and Eyes Up
- Jump Off the Ground
- Putting it All Together
- Fun Fact!

Unit 3: Drills & Coaching Techniques

- Unit Introduction
- Unit Learning Objectives
- Drill Progressions & Coaching Techniques
- NFHS Rules

Unit 4: Problem Solving

- Resources Reminder

Unit 5: Equipment and Facility

- Unit Introduction
- Learning Objectives
- Zero Point
- Standard Base Pads
- Preferred Landing Zone

Unit 6: Interactive Exercise

- The Science Involved

Unit 7: Conclusion

- Final Remarks
- Course Test
- Congratulations

Resources: (PDF's) Pole Vault Rule Changes and Requirements, NCAA Pole Vault Rules, Pole Vault Administration and Rules, NFHS Track and Field Rules: Rule 7-5 Pole Vault, Track and Field Pre-Meet Notes, Pre-Competition Issues, Pole Vaulting: Successful Skill Development pt.1, Pole Vaulting: Successful Skill Development pt. 2, (Videos) Blocking Action of Bottom Arm, Jumping Off the Ground, One Arm Drill, 2 inch Cone to Sand Drill, 4 Stride into Pit Drill, Connection Drill, Drill Progression – Reaching Tall, Positive Connection, Organization of Practice, Pit Size, Box Collar, Standards Padding, Surrounding Pit Pads, Pit Straps, Top Pad, Adjusting Pit Pads.

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