

High Jump Pointers for the Athlete

Intro

What makes a successful high jumper.

Become a smart high jumper.

Basic training ideas

CNS, 48 hour cns rest period

Weight training

Track work outs

Weekly jump routine

Concept of the approach

3 and 5, 5 and 5 (3 or 5 on the straight and 5 on the curve)

Lean/curve

Drill to show purpose of powerful strides

Angles

Last 2 steps or penultimate and ultimate

angle of take off leg as it makes contact

Over the bar

What happens and why?

Arms, Knees, Head

Q&A