

## Coaching the High Jump

### Intro/purpose

Change thinking from work harder to work smarter!

What is the ultimate goal? The product!

How do we achieve the goal?

### Mapping out the season

Desk calander

Work backwards from meets

### Levels of training /grouping athletes

Beginner- Pretty obvious what that means.

Intermediate- A high jump veteran. Been around a few years. Knows the routine.

Advanced- State caliber athlete. Not coached but managed.

### CNS and Training

How the Central Nervous System works with jumpers

48 hour rule

Weights/track work

48 hour rule applied to a typical Ohio track season

### Settin up the jump

Approach info

Every step is faster than the last

No junk in the approach that could result in mechanical breakdown.

3 and 5 or 5 and 5

Last step mechanics

step 9 and 10 or penultimate and ultimate

Angle of knee at last contact

Arms and knees? What do they do?

Over the bar

Arms

Head

Q&A