



My TM Pole Vault Academy Workout

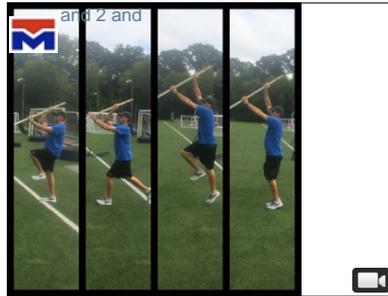
Pole Drop Drills



Tim Mack



- stand with right leg straight left leg at 90deg
- left arm bent slightly right arm at 90deg
- move slowly forward onto your left leg
- as you move forward slowly move arms to 1 position
- as your foot hits you should slightly leaning back with your arms almost at 1 position
- once your foot hits, move over your foot while extending arms and jumping off the ground



- start with the pole-tip 1' feet above parallel to the ground,
- your bottom elbow is close to the body, bottom wrist cocked and below the pole, top hand at 90degrees behind the body
- you should be counting your left steps starting at 2
- as you move forward, everything stays the same til after you say "2"
- as you move to the last "and"(last right) you slowly push your hands forward while turning the pole 180 degrees
- your bottom arm will be slightly bent, top arm 90deg, pole tip now 1' 1/2" from the ground



- start in the "2" position where pole tip 1' 1/2" above parallel, front elbow close to body, front wrist cocked under the pole, back arm at 90 deg, pole securely in your back hand
- as you move forward nothing moves til after you say "2"
- as you move to the "and" position your hands move forward while twisting the pole 180deg in the front hand.
- when your "and" step hits, your front elbow is close to the body, front wrist under the pole
- back arm at 90deg back wrist under the pole
- as you move to the "1" position, your hands continue to move up and forward.
- when the "1" step hits, you will be slightly leaning backwards with



- Hold the pole at 35 degrees at the start and go from 3L or 6 steps
- go through your pole drop progression from 3L and stop the pole at "and"
- as you are still jogging, pick the pole up in reverse exactly through the same path as it fell
- bring the pole back up to where you started and drop the pole in the same as before only you complete your pole drop as you jump on 1



- start with pole angle at 50 degrees
- take a step back and start your run-up
- you should be counting your left steps starting at 4
- the pole does not start to drop til you say "4"
- you slowly lower the pole as you jog your steps
- the pole then drops through the "2 and 1" positions
- extend off the ground through the hips and shoulders



- Stand holding the pole as if you were starting your run-up from a long-run approach
- Start jogging your long-run distance dropping the pole with the proper speed and at the proper times
- Be sure to at least have the pole at 50degrees on step "4", then allow the pole to drop from there passing through the "2and1" positions.
- Take-off as you would in your vault extending off your take-off foot with both arms and shoulders extended.