2016 IAAF/USATF

# Pole Vault Part 1: Pole Drop

### Specifics of "2 and 1"

- Get correct grip
  - Elbow, then 2 handgrips
  - Halfway up bicep
- Always count left steps from high-to-low
- Most important part to master
- Balanced running tech
- Sets up "on" take-off



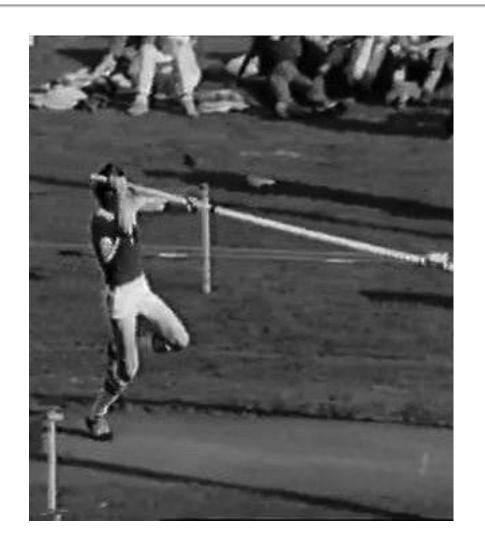
#### "1" Position

- Left hand extended forward just above forhead
- Torso over ball of foot
- Ribs in
- Similar feeling to abwheel
- Right heel under rear
- Right knee has recovered



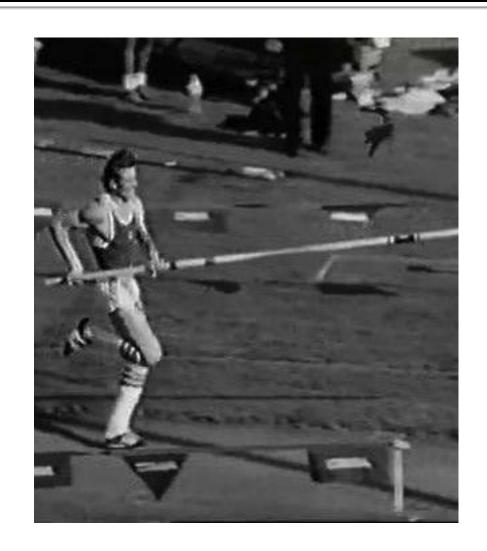
#### "And" Position

- Slight lean back
- Left arm extended forward
- Right arm at 90 degrees
- Pole tip 6"-1' from ground
- Left heel under rear



#### "2" Position

- Slight lean back
- Left wrist under pole, left elbow close to body
- Right arm 90 degrees and pointing backwards
- Pole angle @1 foot above parallel



## Pole Drop Drills



#### My TM Pole Vault Academy Workout

Pole Drop Drills











-star in the 2" position where poles by 1.12" above possible, four an in the 2" position where poles by 1.12" above possible, four at 50 day, point security in your beat like you. but all you have been a syou move formed whiching moves all than your beat like you was pure move formed whiching moves all than your barriers were threat any your warry formed high position you harden move forward whenevery your "art" plants, your formed above states when boyld whenevery your "art" plants, your formed above states when boyld whenevery warry was produced, your found that you have produced your your way to the "1" years that, you want to see the boyld whenevery warry was the point of your way to the "1" years that, you will be stightly leaving backwards with



