



Akron "High"

Expectations

What are Akron ("High") Expectations



The Greek Word Akron = Highest



If you expect little you get?

If you expect much you get?

Knowledge is Power

Knowledge is Power

Ignorance is Bliss

Knowledge is Power

Ignorance is Bliss

Perception is Reality

Attributes of a Great Pole Vault Program

Attributes of a Great Pole Vault Program
Wrapped in a Pole Vault Culture of "High
Expectations"

Attributes of a Great Pole Vault Program Wrapped in a Pole Vault Culture of "High Expectations"



AKRON POLE VAULT CONVENTION

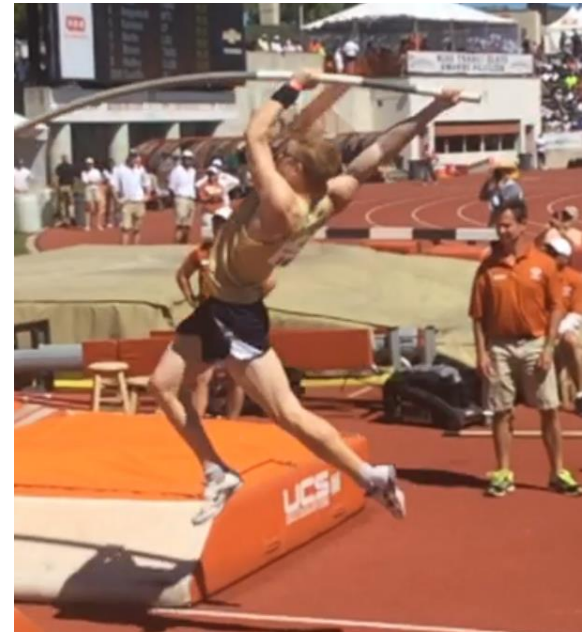
Attributes of a Great Pole Vault Program
Wrapped in a Pole Vault Culture of "High
Expectations"

- *Basic Sound Technical Concepts*

- *Basic Sound Technical Concepts*

- Execute a proper plant/takeoff
- Excellent approach mechanics
- Runway Side of the pole

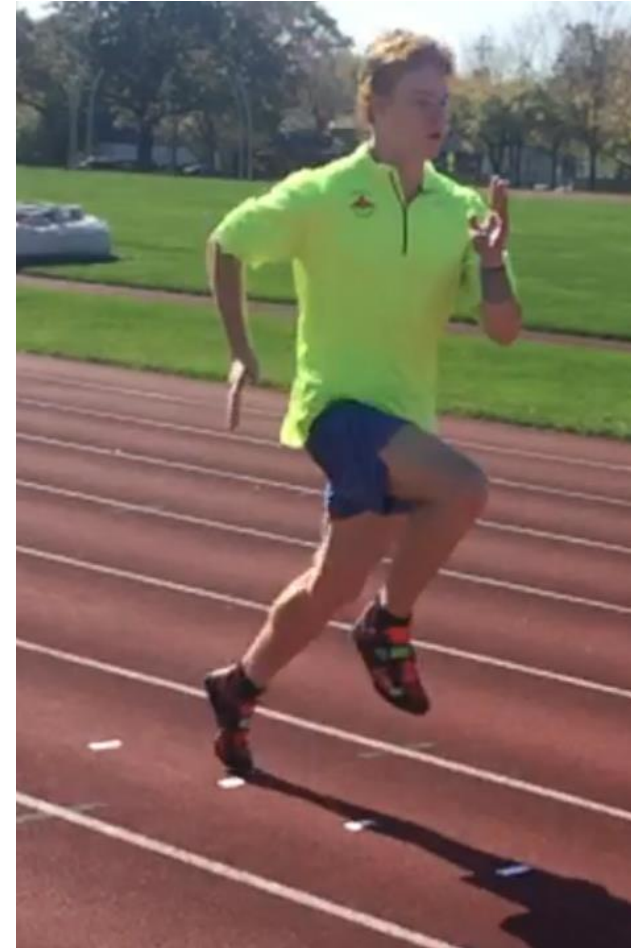
Speed is the most important



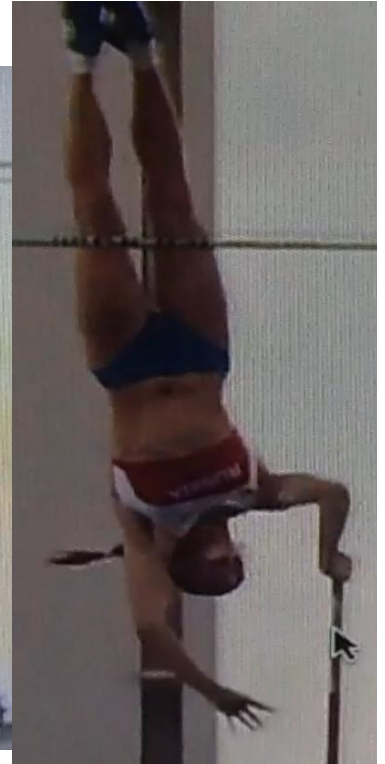
Influences on Speed

1. Plant/Takeoff Mechanics
2. Approach
3. Raw velocity potential
4. External forces
5. Confidence (Most Important)
6. STEERING

PLEASE TEACH THEM
HOW TO RUN



***Pole Vaulting is three dimensional
Look at the event from more angles***



***Technical knowledge is the
coach's duty***



***Technical knowledge is the coach's
duty***

Execution is the coach's challenge



***Technical knowledge is the coach's
duty***

Execution is the coach's challenge

Performance is the coach's goal



HOW DO YOU GET THE ATHLETE TO EXECUTE BASIC SOUND TECHNICAL CONCEPTS?



HOW DO YOU GET THE ATHLETE TO PERFORM?



Attributes of a Great Pole Vault Program
Wrapped in a Pole Vault Culture of "High
Expectations"

- *Basic Sound Technical Concepts*
- *Basic Sound Training Concepts*

Attributes of a Pole Vaulter

- **Fast**
- **Coordinated**
- **Strong**
- **Mental toughness**
- **Willing to learn**
- **All around athlete**

Training must involve all the attributes above

****Some athletes can or cannot plane pole vault
("Moneyball" the book and movie)***

My first 18 foot vaulter did the decathlon

• *Basic Sound Training Concepts*

Training Concepts

- 1. Super Compensation*
- 2. Volume and intensity*
- 3. Does the athlete have the physical ability to do certain technical requirements*
- 4. Provide success*
- 5. Physical/psychological/competitive development*
- 6. Purpose of drills*
- 7. Experimentation*
- 8. How do you get them to do the right technique - "Leverkusen"*
- 9. Connectivity -*
- 10. Prepare your athletes to be independent*
- 11. Please teach them how to run*
- 12. Skill vs effort (or thought)*
- 13. Effective cues*
- 14. The art of coaching*

Event: Pole Vault		Nov 1, 2015 To Nov 7, 2015		40/60	MPS	
Name:		Week 10				
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Nov 1, 2015	Nov 2, 2015	Nov 3, 2015	Nov 4, 2015	Nov 5, 2015	Nov 6, 2015	Nov 7, 2015
Warm-up	1/2 Mile WU	1/2 Mile WU	1/2 Mile WU	1/2 Mile WU	1/2 Mile WU	
Training	Pole Warm-up 20-25 x 5-6 Left vaults Cone Approach Drills Super Approach Work	Plant Takeoff Mechanic Drills Gymnastics 2 x 5 pullovers 5 kips 5 x pushoffs 5 x P-bar Swing to push offs Weights	Trampoline and acrobatic gymnastics Pool	Pole Vaulting 20-25 5 lefts 8-10 x Full Approaches Resistance Running?	Gymnastics - Rings Back swings Forward Swings Swing ups Weights	
Cool-down	Jog and stretch	Jog mile/stretch/ice	Jog mile/stretch/ice	stretch/ice	Jog mile/stretch/ice	Hours
Duration (min)	150	150	120	150	150	0 12

Weights 1	Set 1	Set 2	Set 3	Set 3
Jump Rope Plyo Box Jumps	60sec 10	60 sec		
Power Cleans	5/w	3/10rm	2/5rm	2/3rm
DB bench	8/w	5/8rm	5/6rm	
Box Squats	8/w	5/10rm	5/8rm	
Toe Up box jumps	10	10		
Super Bubka	5	5		
Slow shoulder pulls	5	5		
Single arm DB Push Press Standing up	6/	6/		
pull-down Machine	Drag x10 Downx10	Drag x10 Downx10		
Gymnastics Listed	See above			
Abdominals				
Windshield wipers	14	14		
Hypers	20	20		
Side crunches	20	20		
Medball Sit-ups	20	20		

Drills

Notes: 10 cone test
Pole Vault Prep: Sprint Drills Plant series Sl. Pole Drills Short Bend vaults
Focus: Proper grip Pole carry Upward plant Chest forward/legs back
Gymnastics Swing Series Chest Whips To Chest Shoulder pulls Swing-ups (Rings/Rope) Bubkas Extensions (P-Bar/H-bar/Rings) Swing up to hand stands
Gymnastics: Pullovers Super Pullovers Kips Hand Stands Hand Walking Giant Swings

Weights 2	Set 1	Set 2	Set 3
Double Plyo Box	10		
Snatch High Pulls	5/	5/	
Clean Pulls	3/	3/	
Bench	8/w	5/	
Power Shrugs	5/	5/	
Squats	8/w	3/10rm	3/5rm
Step Ups	10	10	
Step Jumps	20	20	
Bar Routine			
Pikes	5-10	5-10	
Knee pulls	5-10	5-10	
Shoulder pulls	5-10	5-10	

Attributes of a Great Pole Vault Program
Wrapped in a Pole Vault Culture of "High
Expectations"

- *Basic Sound Technical Concepts*
- *Basic Sound Training Concepts*
- *Believability and Hope*

- *Believability and Hope*

If your athletes do not have confidence in what you are doing

Belief is hope

*HOPE IS THE MOST
INTOXICATING DRUG*



Keep hope alive you have to have SUCCE

Athletes are attracted to things
they are best at
and
have success at.

Attributes of a Great Pole Vault Program
Wrapped in a Pole Vault Culture of "High
Expectations"

- *Basic Sound Technical Concepts*
- *Basic Sound Training Concepts*
- *Believability and Hope*
- *Success*

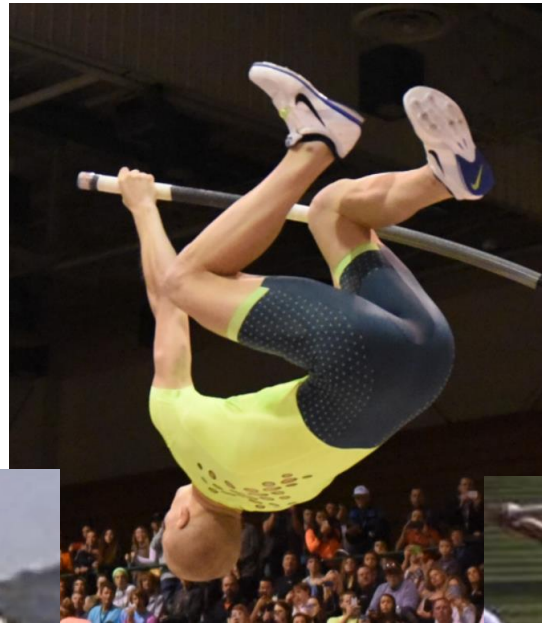
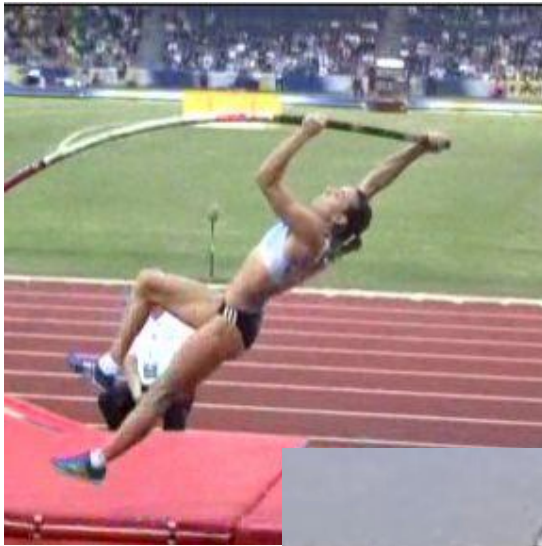
Success is *Contagiousness*



Attributes of a Great Pole Vault Program
Wrapped in a Pole Vault Culture of "High Expectations"

- *Basic Sound Technical Concepts*
- *Basic Sound Training Concepts*
- *Believability and Hope*
- *Success*
- *Adaptable to Individual Athlete Differences*

Know the difference between technique and Style



Attributes of a Great Pole Vault Program
Wrapped in a Pole Vault Culture of "High Expectations"

- *Basic Sound Technical Concepts*
- *Basic Sound Training Concepts*
- *Believability and Hope*
- *Success*
- *Adaptable to Individual Athlete Differences*
- *Competitive Environment/Including Team*

- *Competitive Environment*

Hood System - Put a bunch of talented athletes together that are very

You have a great program when your athlete's best competition is their

No motivation like team motivation.



Attributes of a Great Pole Vault Program
Wrapped in a Pole Vault Culture of "High Expectations"

- *Basic Sound Technical Concepts*
- *Basic Sound Training Concepts*
- *Believability and Hope*
- *Adaptable to Individual Athlete Differences*
- *Competitive Environment*
- *Resourceful Facilities and Equipment*

DIY



Attributes of a Great Pole Vault Program *Wrapped in a Pole Vault Culture of "High Expectations"*

- *Basic Sound Technical Concepts*
- *Basic Sound Training Concepts*
- *Believability and Hope*
- *Adaptable to Individual Athlete Differences*
- *Competitive Environment*
- *Resourceful Facilities and Equipment*
- *Pole Series*





Attributes of a Great Pole Vault Program
Wrapped in a Pole Vault Culture of "High Expectations"

- *Basic Sound Technical Concepts*
- *Basic Sound Training Concepts*
- *Believability and Hope*
- *Success*
- *Adaptable to Individual Athlete Differences*
- *Competitive Environment*
- *Resourceful Facilities and Equipment*
- *Pole Series*
- *Provides Competitive Opportunities*

Host Meets

- *Promotes your program*
- *Gives your athletes a special event*
- *Put on meets vaulters and fans would*



Attributes of a Great Pole Vault Program

Wrapped in a Pole Vault Culture of "High Expectations"

- *Basic Sound Technical Concepts*
- *Basic Sound Training Concepts*
- *Believability and Hope*
- *Success*
- *Adaptable to Individual Athlete Differences*
- *Competitive Environment*
- *Resourceful Facilities and Equipment*
- *Pole Series*
- *Provides Competitive Opportunities*
- *Management*

Management

It does not matter how good of technician or teacher you are

Attributes of a Great Pole Vault Program

Wrapped in a Pole Vault Culture of "High Expectations"

- *Basic Sound Technical Concepts*
- *Basic Sound Training Concepts*
- *Believability and Hope*
- *Success*
- *Adaptable to Individual Athlete Differences*
- *Competitive Environment*
- *Resourceful Facilities and Equipment*
- *Pole Series*
- *Provides Competitive Opportunities*
- *Management*
- *Grind It Out - Persistence*



TO MEET YOUR "HIGH EXPECTATION"

IV Technique



Grip/Pole Carry

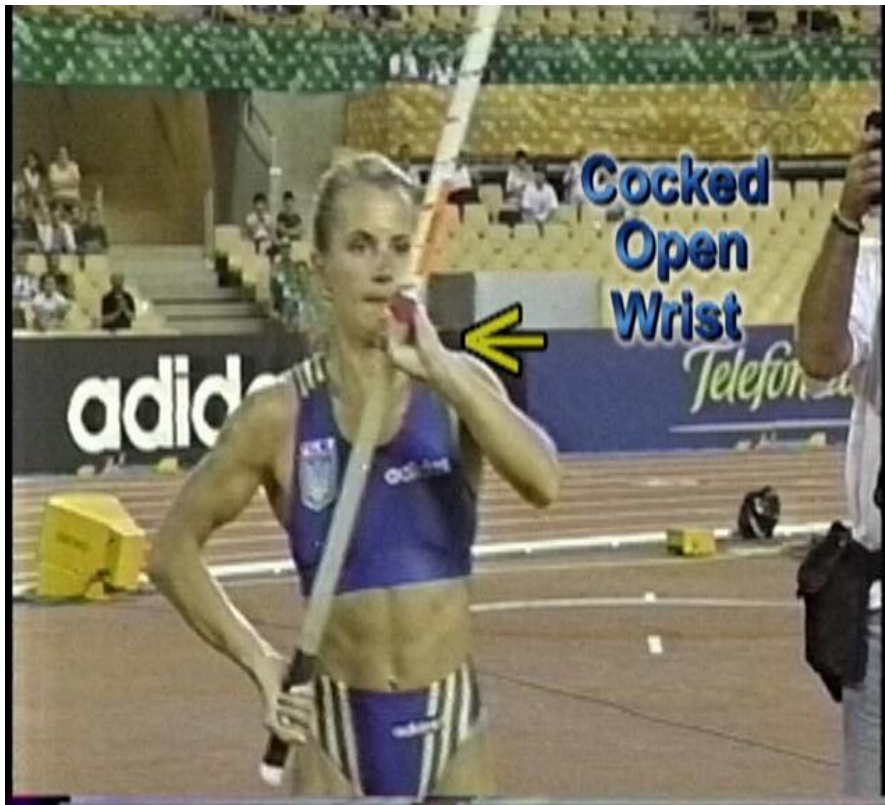


Grip/Pole Carry



Grip/Pole Carry

1. Cocked wrist



Grip/Pole Carry

1. Cocked wrist
2. Shoulder width

Grip/Pole Carry

1. Cocked wrist
2. Shoulder width
3. Square
4. Pole Dropping at 3-4 left

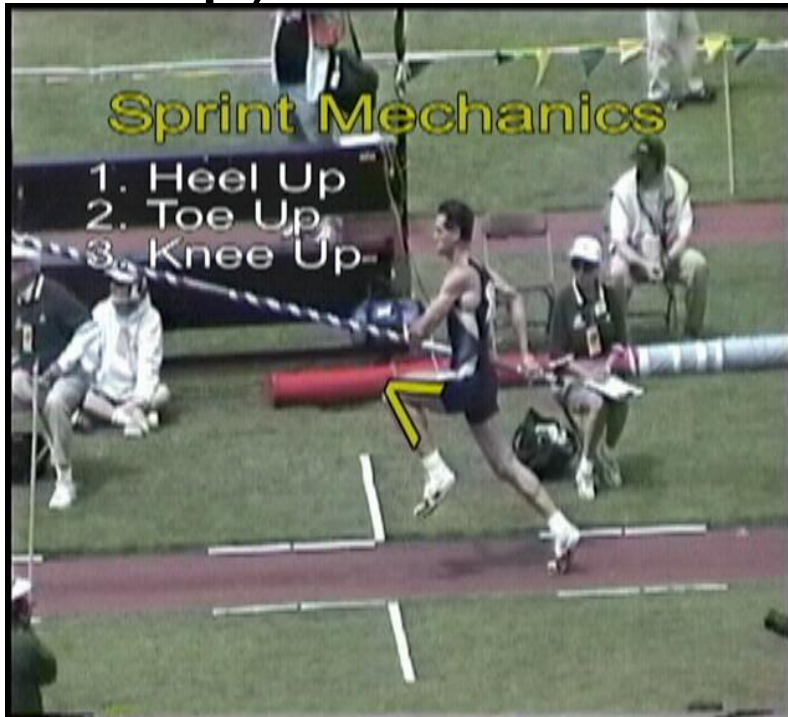
Approach

Approach



Approach

1. Excellent sprint mechanics (heel up/toe up/knee up)



Approach

1. Excellent sprint mechanics (heel up/toe up/knee up)
2. Build up, slow to fast

Approach

1. Excellent sprint mechanics (heel up/toe up/knee up)
2. Build up, slow to fast
3. Consistent rhythm

Approach

1. Excellent sprint mechanics (heel up/toe up/knee up)
2. Build up, slow to fast
3. Consistent rhythm
4. Pole descending down slowly with approach

Approach

- 1. Excellent sprint mechanics (heel up/toe up/knee up)
- 2. Build up, slow to fast
- 3. Consistent rhythm
- 4. Pole descending down slowly with approach.
- 5. Check 'steps
 - 2nd left
 - 30-50' Mid Step
 - Takeoff

Approach

1. Excellent sprint mechanics (heel up/toe up/knee up)
2. Build up, slow to fast
3. Consistent rhythm
4. Pole descending down slowly with approach.
5. Check 'steps
2nd left
Mid Step
Takeoff
6. 10-20 strides
7. Countdown

Plant



Plant



Plant

- 1. Start three-steps/two strides out.

Plant

- 1. Start three-steps/two strides out.
- 2. Left (start), Ear (right foot strike), Reach (Left foot strike at takeoff).

Plant

- 1. Start three-steps/two strides out.
- 2. Left (start), Ear (right foot strike), Reach (Left foot strike at takeoff).
- 3. Coordinate with takeoff to become Ploff.

Takeoff (Ploff)



Takeoff (Ploff)

1. Top arm directly over takeoff foot (left foot to right arm).



Takeoff (Ploff)

1. Top arm directly over takeoff foot (left foot to right arm).
2. Long jump style



Takeoff (Ploff)

1. Top arm directly over takeoff foot (left foot to right arm).
2. Long jump style.
3. Quick last step









Takeoff (Ploff)

1. Top arm directly over takeoff foot (left foot to right arm).
2. Long jump style.
3. Quick last step.
4. Heel up/knee up toe up at take off.

Takeoff (Ploff)

1. Top arm directly over takeoff foot (left foot to right arm).
2. Long jump style.
3. Quick last step.
4. Heel up/knee up toe up at take off.
5. Shoulders, head arms fully extended upward through impact

Takeoff (Ploff)

1. Top arm directly over takeoff foot (left foot to right arm).
2. Long jump style.
3. Quick last step.
4. Heel up/knee up toe up at take off.
5. Shoulders, head arms fully extended upward through impact.
6. Coordinated with plant which becomes Ploff.

Follow-through/“C” position.



Follow-through/“C” position.

1. Continuation of plant takeoff action.

Follow-through/“C” position.



Follow-through/“C” position.

1. Continuation of plant takeoff action.
2. Trail leg (takeoff leg) back.

Follow-through/“C” position.

1. Continuation of plant takeoff action.
2. Trail leg (takeoff leg) back.
3. Preparing to swing.

Follow-through/“C” position.

1. Continuation of plant takeoff action.
2. Trail leg (takeoff leg) back.
3. Preparing to swing.
4. Arms dragging (bottom arm by ear)

Follow-through/“C” position.



Swing

1. Whip of a long takeoff leg outward and upward.
2. Shoulder pull (top arm)
3. Bottom arm pressing out
4. Long radius
5. Slash position

Swing-up (Rock back)

1. Rotate at shoulders and hips.
2. Shorten radius
3. Hips/legs meeting the pole but not stopping.
4. Pike/Tuck/L-position

Extension

1. Extending feet/legs/body upward.
2. Driving the shoulders downward.
3. Top arm still straight.
4. Bottom arm tucked in.
5. Stay behind the center gravity of the pole (turn).
6. I-position

Extension

















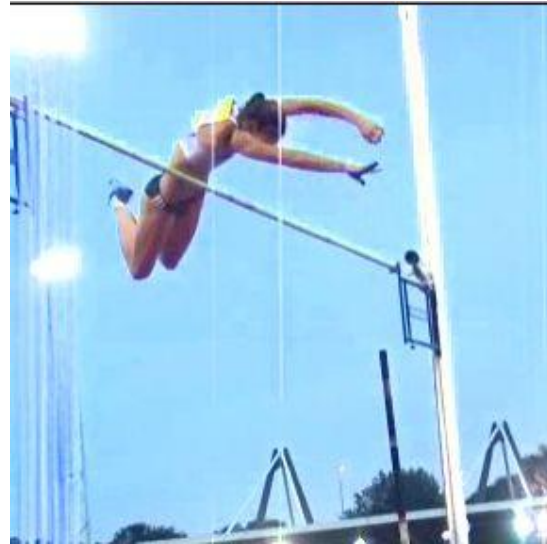


















Turn

1. Starts during extension.
2. Pirouette upward.
3. Keeps hips close and behind the pole.

















Turn



Pull

1. After the body has fully extended upward.
2. Pulling down the shaft of the pole.
3. Keep hips close to pole/pull across chest.







Push-off

- 1. Continuation of pull/extension.
- 2. Head on runway side of pole.
- 3. Aids in rotation.

Push-Off









Clearance

1. Cave in chest.
2. Elbows out.
3. Rotate over bar.
4. Do whatever it takes

ZIPS HIGH CLUB

Criteria:

- 20 pull-ups
- Pullover without touching
- A Plant
- Kip
- Bubka
- Hand walk 15 steps
- Hand stand 7 sec.
- Rope climb (No feet)
- 40 dash 4.7 (men), 5.2 (women)
- A Sprint Mechanics (Heel up, toe up, knee up)

ZIPS HIGH CLUB

With Distinction:

- Push off .70 m (Men) .30m (Women)
- Grip 4.70m (Men) 4.00 (Women)
- Regional Qualifier
- Upside-down rope climb
- Ring Hand Stand
- Bench 225 (Men) 160 (Women)
- 10 x Bubka
- A Extension
- A Ploff
- A pole Carry
- Cleans 1.4 body weight men, 1.2 body weight women.

Stations

1. Ploff

- Basic Ploff school
Stretch rows
1-2-3 (left-ear-reach)
2 step-3 step-4 step- 3 left
- Sand Drills
1-2 step
3 step for distance
3 step and turn
3 step-knee to hand-turn
Bar –far out closer and higher until they get basics down
- Basic pole vaulting (3 left max)
2 Step to 3 left pole vaulting (Down)
2 step
3 step
4 step
3 left
3 left bending

2. Approaches

- Sprint Mechanics
- Grip
- Pole Carry
- First Check Step
- 30' Check
- Takeoff Mark
- Approaches 5-10 lefts

3. Gymnastics

- » Rope
- » Rings
- » High Bar
- » Tumbling
- » Rings
- » High Bar
- » Tumbling

5. Pole Vaulting (w/bar)

- 5-6 left pole vaulting
- 6-9 left Full Approach Pole Vaulting

4. Short Vaults

- 2 Step to 3 left pole vaulting (Upper)
 - » Swing-up (rock-back)
 - » Extension
 - » Turn
 - » Swing to hand