

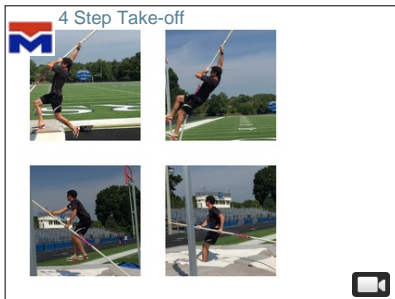


My TM Pole Vault Academy Workout

Clinic Pit Drills



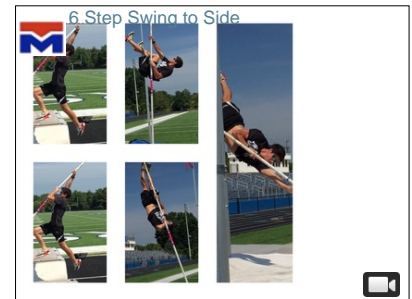
Tim Mack



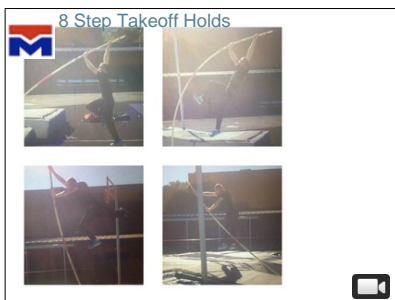
- start with proper hand and arm position
- take a step back to start approach
- go through proper positions at "2" and "and"
- move arms forward to "1"
- takeoff ground with bottom elbow pushing forward
- after you are over box and trail leg has swung past pole on the left side, push shoulders up and forward while swinging trail leg back around pole meeting with the right, then land on pit on 2 feet



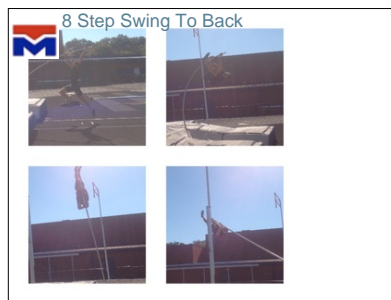
- start with proper posture and arm position
- start your approach
- pass through proper "2 and 1" positions
- push arms forward and up to reach full extension as tip hits box on "1"
- As you jump off the ground allow chest to continue forward as you push your bottom elbow up and forward as you keep your trail leg long and driving your drive knee slightly
- after completing position above, "re-extend" shoulders to start your swing.
- as your trail leg passes the pole, you should be driving your shoulders to the pit while swinging trail leg to drive knee



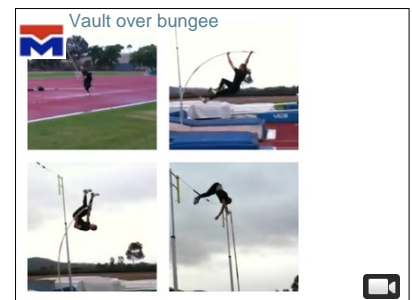
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- start 8 steps (4 lefts) from the box
- start with the pole angle at 50 degrees
- as you start your approach, start dropping the pole when you say "4"
- go through proper "2 and 1" positions as you plant the pole
- be sure to extend fully as you come off the ground with your shoulders
- keep left leg long and and knee driving.
- hold position as you land on the pit.



- go from a 4L approach run
- Drop the pole through the "2and1" positions.
- As you take-off be sure to extend arms fully as you extend off ground with hip
- After you finish take-off, re-extend arms up and forward toward crossbar
- While re-extending swing your trail-leg to your drive knee. They should match up at the top of the pole...not earlier.
- Pull with both arms, drive shouders and extend body.
- Land on your back on the pit.



See video