



Vault Progression Drills

****Must do these 80% correct to move to the next drill in the series. The coach will have to use their judgement to advance athlete to the next set of drills.***

All the following are to be done with running shoes. Until stated to move into spikes

Pole Drills on track

And 1

Checkpoints needed to advance

- 1) Back arm at 90deg
- 2) Front arm slightly bent
- 3) Arms start moving before your body starts moving
- 4) Arms should be fully extended as you come off takeoff foot

And2and1

Checkpoints needed to advance

- 1) Back arm at 90deg and pointed behind body
- 2) Front wrist cocked and under pole
- 3) Pole tip about 1' above parallel at start
- 4) Hands/pole move before you say "2"
- 5) Arms should be fully extended as you come off takeoff foot

4,3,2and 1

Checkpoints needed to advance

- 1) Pole 45-50 degrees at 4
- 2) Pole start moving after you say 4
- 3) Pole falls through proper position at 2 as stated above
- 4) Arms should be fully extended as you come off takeoff foot



Sand Pit Progression

Grip: Pole tip place 1 foot from edge. Go to the edge and grip with your hands slightly in front of you over the pole tip. Hands must NOT be over your head!

1) Hangs

Checkpoints needed to advance

- 1) Hands together
- 2) Fully reach with both shoulders
- 3) Your feet swing just past pole
- 4) Preferred you land back where you started but not needed to advance

2) Figure 4 Hangs

Checkpoints needed to advance

- 1) Hands together
- 2) Start with arms slightly bent
- 3) Come off ground in a fully stretched position
- 4) Reach with arms and hang (do not pull) when you are off the ground
- 5) Your legs in "figure 4" position
- 6) Preferred you land back where you started but not needed to advance

3) Figure 4 straddles

Checkpoints needed to advance

- 1) Hands together
- 2) Start with arms slightly bent
- 3) Come off ground in a fully stretched position
- 4) Reach with arms forward and do not pull
- 5) Your legs are in "figure 4" position
- 6) Push your hands forward and straddle the pole
- 7) land on the leg you take off of

4) Swing Leg to drive knee

Checkpoints needed to advance

- 1) Hands together
- 2) Start with arms slightly bent
- 3) Come off ground in a fully stretched position
- 4) Reach with arms forward and do not pull
- 5) Reach with arms as you swing trail leg identical to drive knee
- 6) Straighten legs and land on both feet



Takeoff drills on pit

Get a Grip!

- Grab pole with top hand
- Place forearm on pole in front of you with your whole forearm touching pole
- Take other hand and place 2 hands from tip of elbow of other arm

Placemenet:

- Front wrist cocked and below level of pole
- Front elbow close to body
- Back hand grasping pole or pole can rest in web of thumb and index finger
- Pole spins in front hand while twisting pole with back hand
- to get grip height stand with pole in front of you. Reach as high as possible with top hand. That height will now be your bottom hand. Plant the pole in box and back up 2 big steps(for the 2 step takeoff drill)

Must get drills 80% correct before you advance

2 Step takeoff

Checkpoints to advance

- 1) Hands start slightly bent
- 2) Arms extended at "1" position
- 3) Bottom elbow outside pole

3 Left takeoff (add one hand of grip for both hands)

Continue to add grip when current grip is too easy and you get into pit too quickly

Checkpoints to advance

- 1) Arms in proper position (see and2and1drill) at start
- 2) Pole tip above parallel at "2"
- 3) Arms extended at "1" position
- 4) Bottom elbow goes outside pole as you immediately come off ground

3 Left Swing Leg to drive knee

Checkpoints to advance

- 1) Arms extended at "1" position
- 2) Bottom elbow goes outside pole as you immediately come off ground
- 3) Arms push forward while you swing take-off leg directly next to drive knee
- 4) Straighten legs and land on 2 feet



Swing drills on the pit

3 Left Swing leg to drive knee then to back

(you will probably need to lower grip 1-2 hand holds)

Checkpoints to advance

- 1) Arms extended at "1" position
- 2) Bottom elbow goes outside pole as you immediately come off ground
- 3) Arms push forward while you swing take-off leg directly next to drive knee (as you are in a "seated position")
- 4) Drive your shoulders and land on your back

3 Left swing to side

Checkpoints to advance

- 1) Arms continue to push forward while you swing take-off leg directly next to drive knee (as you are in a "seated" position).
- 2) Pull with arms while you shoot legs toward back of pit
- 3) Continue to pull with hands while you land on left side (for righties) right side (for lefties)

3 Left Swing to front

Checkpoints to advance

- 1) Arms continue to push forward while you swing take-off leg directly next to drive knee (as you are in a "seated" position).
- 2) Pull with arms while you shoot legs toward back of pit
- 3) Continue to pull all the way through with hands while you land on your stomach



Now you are ready to bend the pole!

You can put on spikes now!

You should raise your grip @1 foot (you will have to use your judgement, but this will get you started. If you get into the pit too fast, raise your grip. If you have trouble getting into the pit, lower your grip.)

You want to make sure you don't land too deep in the mat. If you do, you should go up to a little stiffer pole

***see pole selection sheet!**

4 Left takeoff

Checkpoints to advance

- 1) Pole starts at 45-50 degrees
- 2) Pole does not start moving until after "4"
- 3) Pole tip is @1' above parallel at "2"
- 4) Arms are fully extended at "1"
- 5) Try to hole extended position

4 Left swing to back

Checkpoints to advance

- 1) Arms fully extended at "1"
- 2) Arms "re-extend" or push forward as you jump off the ground
- 3) Swing you trail leg to drive knee
- 4) Extend legs while you pull with your arms.

5 Left swing over bungee

Checkpoints to advance

- 1) Arms fully extended at "1"
- 2) Arms "re-extend" or push forward as you jump off the ground
- 3) Swing you trail leg to drive knee so they match up at the top of the pole
- 4) Extend legs while you pull with your arms
- 5) Continue pulling with arms as you extend your legs upward.



Sample VAULTING Schedule:

- Be sure to have proper supervision. Never vault on your own!
- Boys vault progression: 10 steps (short), 14 steps (medium), 16 steps (long)
- Girls vault progression: 8 steps (short), 12 steps (medium), 14 steps (long)

Early Fall- End of September/October

	Sandpit Drills	Track Drills	Sandpit Drills	Track Drills
Week 1	2x5 holds 2x5 fig 4 hangs 2x5 fig 4 straddles 2x5 swing to drive leg	2x5 1's 2x5 and2and1's 2x5 4321's	2x5 holds 2x5 fig 4 hangs 2x5 fig 4 straddles 2x5 swing to drive leg	2x5 1's 2x5 and2and1's 2x5 4321's
Week 2	2x6 holds 2x6 fig 4 hangs 2x6 fig 4 straddles 2x6 swing to drive leg	2x6 1's 2x6 and2and1's 2x6 4321's	2x6 holds 2x6 fig 4 hangs 2x6 fig 4 straddles 2x6 swing to drive leg	2x6 1's 2x6 and2and1's 2x6 4321's
Week 3	2x8 holds 2x8 fig 4 hangs 2x8 fig 4 straddles 2x8 swing to drive leg	2x8 1's 2x8 and2and1's 2x8 4321's	2x8 holds 2x8 fig 4 hangs 2x8 fig 4 straddles 2x8 swing to drive leg	2x8 1's 2x8 and2and1's 2x8 4321's
Week 4	2x8 holds 2x8 fig 4 hangs 2x8 fig 4 straddles 2x8 swing to drive leg	2x8 1's 2x8 and2and1's 2x8 4321's	2x8 holds 2x8 fig 4 hangs 2x8 fig 4 straddles 2x8 swing to drive leg	2x8 1's 2x8 and2and1's 2x8 4321's
Week 5	2x10 holds 2x10 fig 4 hangs 2x10 fig 4 straddles 2x10 swing to drive leg	2x10 1's 2x10 and2and1's 2x10 4321's	2x10 holds 2x10 fig 4 hangs 2x10 fig 4 straddles 2x10 swing to drive leg	2x10 1's 2x10 and2and1's 2x10 4321's

Late Fall/Winter- End October-December

	Vault Practice 1	Vault Practice 2	Sandpit Drills	Track Drills
Week 1	6x 3 left take off 6x 3 left swing to back 6x 3 left swing to side 6x 3 left swing to front Total Jumps taken: 24	6x 3 left take off 6x 3 left swing to back 6x 3 left swing to side 6x 3 left swing to front Total Jumps taken: 24	2x5 holds 2x5 fig 4 hangs 2x5 fig 4 straddles 2x5 swing to drive leg	2x5 1's 2x5 and2and1's 2x5 4321's
Week 2	4x 3 left take off 8x 3 left swing to back 8x 3 left swing to side 8x 4 left takeoff Total Jumps taken: 28	4x 3 left take off 8x 3 left swing to back 8x 3 left swing to front 8x 4 left takeoff Total Jumps taken: 28	40reps	30reps
Week 3	4x 3 left take off 4x 3 left swing to back 4x 3 left swing to side 12x 4 left takeoff Total Jumps taken: 24	4x 3 left take off 4x 3 left swing to back 4x 3 left swing to front 12x 4 left takeoff Total Jumps taken: 24		
Week 4	4x 3 left take off 4x 3 left swing to back 4x 4 left take off holds 6x short run over bungee Total Jumps taken: 18	4x 4 step take off 4x 6 step swing to back 6x 8 step swing to back 8x short run over bungee Total Jumps taken: 22	2x5 holds 2x5 fig 4 hangs 2x5 fig 4 straddles 2x5 swing to drive leg	2x5 1's 2x5 and2and1's 2x5 4321's
Week 5	4x 3 left take off 4x 3 left swing to back 6x 4 left take off 10x short run over bungee Total Jumps taken: 24	4x 4 step take off 4x 6 step swing to back 6x 8 step swing to back 10x10 short run over bungee Total Jumps taken: 24	40reps	30reps
Week 6	4x 4 step take off 4x 6 step swing to back 4x 8 step take off 10x short over bungee Total Jumps taken: 22	4x 4 step take off 4x 6 step swing to back 4x 8 step swing to back 10x short over bungee Total Jumps taken: 22		
Week 7	4x 3 left take off 4x 3 left swing to back 4x 4 left take off 8x medium vault over bungee Total Jumps taken: 20	4x 4 step take off 4x 6 step swing to back 4x 8 step swing to back 10x medium vault over bungee Total Jumps taken: 22	2x5 holds 2x5 fig 4 hangs 2x5 fig 4 straddles 2x5 swing to drive leg	2x5 1's 2x5 and2and1's 2x5 4321's
Week 8	4x 3 left take off 4x 3 left swing to back 4x 8 step take off 8x medium vault over bungee Total Jumps taken: 20	4x 3 left take off 4x 3 left swing to back 4x 8 step swing to back 10x medium vault over bungee Total Jumps taken: 22	40reps	30reps



Week 9	4x 3 left take off 4x 3 left swing to back 4x 4 left take off 8x long vault over bungee Total Jumps taken: 20	4x 3 left take off 4x 3 left swing to back 4x 4 left swing to back 10x long vault over bungee Total Jumps taken: 22		
Week 10	4x 3 left take off 4x 3 left swing to back 4x 4 left take off 10x long run vault over bungee Total Jumps taken: 20	4x3 left take off 4x3 left swing to back 4x3 left swing to back 10x long run vault over bungee Total Jumps taken: 22	2x5 holds 2x5 fig 4 hangs 2x5 fig 4 straddles 2x5 swing to drive leg 40reps	2x5 1's 2x5 and2and1's 2x5 4321's 30reps
Week 11	4x 4 step take off 4x 6 step swing to back 4x 8 step take off 10x long run vault over bungee Total Jumps taken: 20	4x 4 step take off 4x 6 step swing to back 4x 8 step swing to back 10x long run vault over bungee Total Jumps taken: 22		
Week 12	4x 4 step take off 4x 6 step swing to back 4x 8 step take off 10x long run vault over bungee Total Jumps taken: 20	4x 4 step take off 4x 6 step swing to back 4x 8 step swing to back 10x long run vault over bungee Total Jumps taken: 22		

Competitive Season- January/February

	Vault 1	Track drills
Week 1	4x 3 left take off 4x 3 left swing to back 4x 4 left take off 8x medium vault over bungee Total Jumps taken: 20	2x5 1's 2x5 and2and1's 2x5 4321's 30 reps
Week 2	4x 3 left take off 4x 3 left swing to back 4x 8 step take off 8x medium vault over bungee Total Jumps taken: 20	2x5 1's 2x5 and2and1's 2x5 4321's 30reps
Week 3	4x 3 left take off 4x 3 left swing to back 4x 4 left take off 8x long vault over bungee Total Jumps taken: 20	2x5 1's 2x5 and2and1's 2x5 4321's 30reps
Week 4	4x 3 left take off 4x 3 left swing to back 4x 4 left take off 10x long run vault over bungee Total Jumps taken: 20	2x5 1's 2x5 and2and1's 2x5 4321's 30reps
Week 5	4x 4 step take off 4x 6 step swing to back 4x 8 step take off 10x long run vault over bungee Total Jumps taken: 20	2x5 1's 2x5 and2and1's 2x5 4321's 30reps
Week 6	4x 4 step take off 4x 6 step swing to back 4x 8 step take off 10x long run vault over bungee Total Jumps taken: 20	
Week 7	4x 4 step take off 4x 6 step swing to back 4x 8 step take off 10x long run vault over bungee Total Jumps taken: 20	
Week 8	4x 4 step take off 4x 6 step swing to back 4x 8 step take off 10x long run vault over bungee Total Jumps taken: 20	