

2016 IAAF/USATF

# **Pole Vault Part 1: Pole Drop**

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# Specifics of “2 and 1”

- Get correct grip
  - Elbow, then 2 hand-grips
  - 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 forehead
- Torso over ball of foot
- Ribs in
- Similar feeling to ab-wheel
- 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



Tim Mack



start 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 top 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 "last" (last right) you slowly push your hands forward while keeping the pole 190 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 top 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 "last" position your hands move forward while keeping the pole 90deg in the front hand  
-when your "last" 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 "3" position, your hands continue to move up and forward  
-when the "3" 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 "last"  
-as you are still joggng, pick the pole up in reverse exactly through the same path as it fell  
-swing 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 top and shoulders