

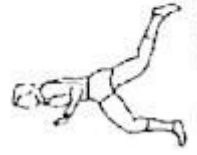
## Coaching

# HIGH JUMP

The high jump is a speed event. Above all the jumper must maintain speed throughout the jump.

This article is adapted from IAAF regional centre Oceania coaching

### EVENT PHASE



### APPROACH RUN(ENTRY & ACCELERATION)

Starts slowly building rhythm & speed Good running form (pelvis tilted upwards)  
Active foot plant in all strides. Straight at first, curving in last 3-5 strides Consistent, finishing at same point each time



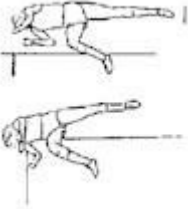


### PREPARATION FOR TAKE-OFF

Increased leg speed (cadence) through curve. Hold hips high (run tall) in last few strides Maintain the curve(do not cut it or make a sharp turn)Run through the takeoff(do not over-stride or slow down)



### TAKE-OFF

Slightly chopped last stride. Active flat foot plant in the line of run-up, toes pointed through the bar. Bent free knee punched through to horizontal, parallel to the bar (not away from) then blocked. Head, CM and foot in a vertical at take-off. Take-off time minimised

	<p style="text-align: center;"><b>FLIGHT PHASE I</b></p>	<p>Maintain initial take-off position Aim for long thin shape to minimise rotation Towards the bar Eyes focussed along bar Keep arms in the line of the body</p>
	<p style="text-align: center;"><b>FLIGHT PHASE II</b></p>	<p>Hold knee drive until body rides to bar height Maintain eye focus along the bar Draw both feet up towards the buttocks and splay the knees</p>
	<p style="text-align: center;"><b>LANDING</b></p>	<p>As hips clear the bar, tuck the chin into the chest and raise legs Land on the back and shoulders</p>
<p>The last 3-5 strides must be curved to achieve good take-off mechanics. The early part of the run is used to develop rhythm and speed. The jumper must not slow down through the take-off (and minimal contact time) is essential for proper utilisation of elastic muscle properties.</p>		