

HIGH JUMP ADVANCED OVERVIEW

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- A. VISUAL TRACKING
 - LOOK AT PERPENDICULAR--STRAIGHT AHEAD -PERPENDICULAR TO THE BAR EXTENDED (TRIANGULATE)
 - LOOK AT TAKE OFF POINT
 - OTHER STANDARD & MID BAR
- B. DRIVE PHASE-2 TO 3 STRIDES
 - START ACCEL AND DRIVE OUT
 - ROCK BACK, LOCK ANKLE, TOE UP
- C. CONTINUATION OF ACCEL
 - STRIDES 2 & 3 HAVE MAX ACCEL--FIRST FIVE IN STRAIGHT LINE
- D. ANTICIPATION
 - ANTICIPATE CURVE ON STRIDE 4--CHANGE SIGHT FROM PERP TO TARGET BY FLICKING EYES BACK AND FORTH BETWEEN TARGET AND PERPENDICULAR-TURN SLIGHTLY
- E. STAY ON CURVE-
 - CURVE STARTS ABOUT 15 FT OUT --16 FT 6IN MAX
 - CONTROL LESSENING OF THE ANGLE-TURN FEET IN/PIGEON TOE IN-ROTATION ACTUALLY OCCURS AT THE HIP
- F. POSTURE/BODY MECHANICS
 - STAY IN NATURAL ALIGNMENT
 - WANT TO APPLY AXIAL FORCE INTO THE CURVE--OUTSIDE ARM DOWN & OUT
 - OUTSIDE SHOULDER SHOULD NOT BE AHEAD OF THE INSIDE SHOULDER AND HIP
 - INWARD LEAN
- G. PREPARATION FOR TAKEOFF STRIDES 7&8
 - MOMENTUM MUST BE MAINTAINED
 - 7-GOOD PUSH OFF--DOWN & OUT
 - 8 EQUAL TO 7
 - MAINTAIN ALIGNMENT -CONTINUE TANGENTIAL FORCE APPLICATION
 - ON 8TH STRIDE, OUTSIDE ARM MUST STAY IN FRONT --DON'T DRIVE BACK
 - BEFORE PENULTIMATE FOOT COMES FORWARD, BOTH ARMS ARE IN FRONT AND THEN BOTH ARMS DRIVE BACKWARD BEFORE PENULTIMATE FOOT MAKES CONTACT. THIS MEANS LEAVE THE OUTSIDE FORWARD AND BRING THE INSIDE UP.- BASKETBALL LAYUP
- H. PENULTIMATE
 - LOWER RECOVERY PATHPRE-RECRUITMENT OF THIGH & ANKLE DON'T ALLOW HEEL TO COME HIGH ON STRIDE
 - STABILIZE QUADS ON LANDING
 - FIXED ANKLE--UNDER CENTER OF MASS
 - ROLL OVER TO BRIDGE
 - GOOD POSTURE-TIBIA VERTICAL-PELVIS ALIGNMENT
 - CONTINUE CURVE TORQUE AND FORCE
 - ARM MECHANICS
 - THUMBS DOWN TO START REFLEX
 - ARMS START MOTION CONCURRENT WITH PENULTIMATE LEG

HANDS MOVE BACK -THEY CONTROL SHOULDERS TILL SQUARE
MOVE PAST HANDS-SET UP HIPS
MUST HAVE SHOULDER FLEX IN CHEST

I. TAKEOFF AND LIFTOFF

RECOVERY PATH OF FOOT IS LOW
MUST HAVE PRE-RECRUITMENT-STABILIZE
ANKLE MUST BE READY
AMORTIZATION-YIELDING PHASE--HOW MUCH FLEXATION IN THE KNEE JOINT
BEFORE IT STOPS-DON'T DROP TOO LOW--MORE DIFFICULT TO LIFT OFF-KNEE
SHOULD NOT GO AHEAD OF THE ANKLE
FREE LEG/ARM MECHANICS
KEEP HIP AND SHOULDER AXIS IN LINE--AVOID 'BUTT OUT'
FREE LEG WILL BLOCK AND MUST MOE AWAY FROM THE CROSS BAR
ARMS--BLOCK TO SEE BOTH HUMOROUS PARALLEL-ELBOWS MAY BE FLARED
TOE OFF--BODY MUST BE VERTICAL
COMPLETE EXTENSION OF TAKEOFF LEG-HIP, KNEE, ANKLE
DORSIFLEXION-EASIER--(NON-TAKEOFF LEG BENT) --PLANTARFLEXION-TOUGHER

J. FLIGHT --90% HAPPENS BEFORE THIS

IN FLIGHT, THINK ABOUT LAYING THE NECK ON THE BAR-DON'T USE THE WORD
ARCH --'LAYBACK'--IF YOU DROP THE HEAD, THE FEET WILL DROP-YOU ROTATE
OVER THE BAR, NOT ARCH OVER THE BAR
SHOULDERS DROP/RAISE THE HIP/ROTATE OUTWARD/SEPARATE THE KNEES
HEAD STAYS IN ALIGNMENT
IF PROPERLY SET UP, THEN 'LET IT HAPPEN' AND EVERYTHING WILL TAKE CARE OF
IT- SELF

K. FLOP DYNAMIC

SITTERS--SIT ON THE BAR--POOR CURVE RUNNERS
COMING DOWN ON THE BAR-DOES NOT NECESSARILY MEAN THAT THEY ARE
TAKING OFF TOO FAR OUT --COULD BE BAD PENULTIMATE SET UP-LOOK AT CURVE
DON'T THROW HEAD BACK TOO FAR
ONCE THE BUTT HAS CLEARED, TUCK THE CHIN DOWN TO THE SIDE