

Coaching the High Jump

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The Approach

- J-Approach: make sure curve is smooth
- Start with 9 steps with plan to move them up to 11 steps
 - 9 steps: 5 straight & 4 on curve
 - 11 steps: 6 straight & 5 on curve
- Distance of curve
 - Men: 13' to 14' 6" from standard
 - Women: 11' to 12' 6" from standard
 - This is a guideline, I have had girls that have been up to 13' 6"

The Approach

- Speed – As fast as the athlete can handle
UNDER CONTROL
- Common Errors:
 - Starting at different spots
 - To short of an approach
 - To slow of a approach
 - Lack of focus

The Curve

- On the last stride going straight, drop inside shoulder to start curve.
- Each step on curve, your feet should cross over each other.
- Speed: As fast as the athlete can handle
UNDER CONTROL.
- Stay tall.

The Curve

- Common Errors
 - On curve athlete steps outward
 - Athlete loses speed
 - Too tight of a curve

The Take-Off

- Last three steps
 - Short, long, plant (flat)
- Position
 - Plant foot – arms length away from the bar.
- Plant foot's toe
 - Pointed towards opposite standard

The Take-Off

- Knee Drive & Arm Action