

A photograph of a pole vaulter in mid-air, performing a vault over a landing pit. The vaulter is wearing a white singlet and dark shorts. Two coaches, wearing dark shirts and khaki pants, are standing on the track, observing the performance. The background shows a green field and a red running track.

North West Pole Vault Coach Development Programme

Winter 09/10

North West County PV Coach Development Winter 09/10

**5x Saturdays indoor at Sportcity
9:00am – 12.30pm**

9:00am – 10.30am

- Pole Vault Theory and Coaching Basics

10.30am – 12.30pm

- Beginner P-V athlete teaching
and jumping

Objectives

- To introduce regular pole vault coaching to the athletics clubs of Cheshire
 1. Have basic PV coaching capability attained via winter teaching programme
 2. Have coaches return weekly PV coaching to their clubs for 2010 season
- To provide an opportunity for U15 athletes to learn basics of pole vault
 - With a view to having new vaulters participating in their clubs and in the young athletes league in 2010

Who Might Consider Attending?

- Current level 2 coaches in the North West
- With limited or no experience of coaching pole vault
- Willing and able to apply time to coach pole vault to the athletes of their clubs
 - on a regular basis through the 2010 summer season

Programme Contributors

- Rod Grant-Smith
 - PV coach at Macclesfield Harriers and veteran vaulter
- Colin Harrison
 - PV coach at Preston Harriers

Programme Overview

- Session 1
 - Basic mechanics of the jump
 - Equipment and safety
 - Holding pole, 2-stride jumps
- Session 2
 - Athlete aptitude and physical capacity
 - The plant phase
 - 2 and 4-stride jumps
- Session 3
 - A look at posture and conditioning
 - The swing phase
 - 2, 4 and 6 stride jumps
 - Swing-up

Programme Overview

- Session 4
 - Technical drills for run, plant, jump and swing
 - 2,4,6 stride jumps and swing
 - Conditioning circuit
- Session 5
 - Extension and Bar clearance
 - The uprights
 - Pole selection
 - Competition rules
 - 2,4,6 stride jumps and swing-extension
 - Conditioning circuit