

A photograph of a pole vaulter in mid-air, performing a vault over a landing pit. The athlete is wearing a dark singlet and shorts, with their arms extended upwards holding the pole. Two men in dark shirts and khaki pants are standing on the track, observing the jump. The background shows a green field and a red running track.

North West Region Experienced Pole Vault Coach Development Initiative

Winter 2009/10

North West Experienced PV Coach Development Winter 09/10

5x Saturdays indoor at Sportcity
12.30 – 4.00pm

12:30pm – 2.00pm

- Pole Vault Theory
- Sharing and discussion of practices
- Review of drills, conditioning and planning

2.00pm – 4.00pm

- Practical application with athlete coaching

Objectives

- To develop the capabilities of PV coaches in the North West Region
- To provide young developing pole vaulters the opportunity to receive additional coaching outside of their usual training environment

Who Might Consider Attending?

- ***All experienced pole vault coaches in the North West Region***
- ***For example:***



– Julien Raffalli	Sale
– Matt Cullen	Sale
– Kevin Davies	Blackpool
– Colin and Andrew Harrison	Preston
– Phil Thomas	St Helens
– Norman Mitchell	Hyndburn
– John ??	Wigan
– Rod Grant-Smith	Macclesfield
– Rob McKenna?	Wavertree

Course Content

- Biomechanics of the vault
- Technical model (running and vaulting)
- Planning training programmes
- Technical drills, their purpose and execution
- Postural control
- Physical preparation
- Specific conditioning

Contributors

- Alan Richardson of UKA is supporting the course design and content development
- It is planned to have invited expert leaders for specific sessions
- Coaches:
 - Can elect to lead specific aspects
 - Are encouraged to share their own experiences and practices
 - Are encouraged to bring athletes to the practical sessions