

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 HIP
 - 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 HUMEROUS 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