

## WORKSHEET 2

### Beginner's Track and Field: Learning the High Jump

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<http://trackandfield.about.com/od/techni3/p/Beginners-Track-And-Field-Learning-The-High-Jump.htm>

#### Technique:

There are three basic parts to a high jump – **approach, takeoff and clearance**. Each part will likely be taught separately at first, using a variety of [high jump drills](#). When teaching the approach, coaches will likely focus on maintaining the correct running speeds at different parts of the **approach**, on taking a proper angle to the bar and on hitting the correct **takeoff** point. Intuitively, young jumpers may want to take off as close to the bar as possible. This, however, will cause the jumpers to leap almost straight up – at too narrow of an angle – and they'll likely knock the bar off on the way down, even if they achieve sufficient height. Potential jumpers will also determine a takeoff leg – the strongest leg will be on the inside during the jump, making the opposite the takeoff leg. Takeoff and clearance drills may begin with the backflips mentioned previously. The young jumpers will then move on to **clearance** technique, perhaps learning the old-fashioned **scissors kick** first, to get them used to flying over the bar, then later advancing to the modern "flop" technique.

#### Putting it all together:

Eventually, young jumpers will be taught to put the [three parts of the jump together](#). They'll determine a starting position – which depends on an individual's stride length – establish a fixed takeoff point and clear a real, metal bar.

The most exciting moment in the high jump occurs when the jumper soars through the air and tries to clear the bar. But that payoff moment is only the result of a longer, more complex process. The high jump combines techniques used in running and hurdling, as well as jumping events. It's the approach run that generates the speed that gives a high jumper the power to leap over the bar. At the same time, the approach run must be controlled – as in hurdles – by employing the same stride pattern on each jump, in order to complete the approach at the proper takeoff spot. It would be wise, therefore, for young high jumpers to begin by developing a consistent approach run, then learn the proper takeoff and flight techniques. If you don't get the approach right, you won't need to know how to clear the bar because you won't be able to do it



**American high jump champion Chaunte Howard**

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