



High Jump

High jump is an event that combines power and speed. Important safety information is found in the section on Sport Equipment. Athletes should wear spikes on grass or in wet conditions because the surface can become slippery.

There are two types of jumps:

1. Fosbury Flop
2. Scissor Kick

The Fosbury Flop is the more popular technique in which the athlete does a backward rotation during flight. The Scissor Kick is a more basic jump in which the athlete lifts legs sequentially over the bar, remaining facing the same direction. Regardless of the jump style, all jumps must be made off of one foot only.

Please note that all of the guidance to follow will use a left-footed takeoff, with a right side approach.

Fosbury Flop Style High Jump

The Fosbury style high jump components consist of the following steps/approaches, to be used as the athlete develops his/her style. Some athletes may use up to 13 strides.

1. Establish takeoff foot
2. Flop Style, straight three-step approach
3. Flop Style, five-step curved approach
4. Flop Style, seven-step curved approach
5. Flop Style, nine-step curved approach

Establish Takeoff Foot

1. Jump over a rope held by two people.
2. Raise rope higher as height is cleared.
3. As the rope gets higher, dominant leg will become obvious and identify takeoff foot.

Flop Style - Straight Three-step Approach

1. Stand next to crossbar one arm's length away and quarter of bar's length from right standard. This is an approximate takeoff point to be used.
2. Walk backward three steps at a 45-degree angle from bar. This is the spot for starting stance.
3. Coach marks the spot of third step.
4. Face pit with feet together. Take first step with left foot and run toward pit.
5. As the third step is taken, swing bent right leg up toward left standard; swing both arms from below the hips to above shoulders in front of body.
6. Jump into air, taking off on one foot.
7. Arch back; drop shoulders; look at right shoulder and pull knees toward chest.
8. Land in pit on back.



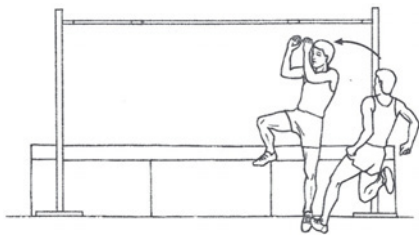
Flop Style, Five-step Curved Approach

1. Locate the spot where the athlete will start the approach. Measure to the right of the right crossbar standard 3-5 meters. Mark this spot. Now measure 6-9 meters away from the pit. This is the athlete's approximate start location, facing the pit. This location might have to be adjusted for each athlete.
2. Take Hips Tall position and begin five-stride approach with left foot.
3. Approach pattern will look like an upside down "J."
4. On fifth step with left foot, swing the bent right leg up toward left shoulder, and swing both arms from a low back position to high front position in front of body.
5. Take off from left foot, using a strong leg extension of knee and ankle.
6. Turn right shoulder away from bar, rotating counterclockwise.
7. Land on back and roll off the pit.

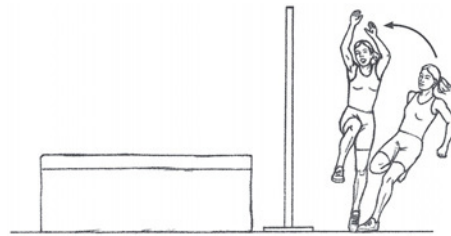
Flop Style, Seven-step Curved Approach

1. From five-step approach, take two more strides away from pit. Adjust as necessary.
2. Take Hips Tall position and begin seven-stride approach with left foot.
3. The first two steps will be straight, last five will be curved.
4. On the seventh step, plant left foot and make jump.
5. From this point, jump mechanics are same as five-step approach.

Correct forward lean into curve



Incorrect forward lean away from curve



Flop Style, Nine-step Curved Approach

1. From seven-step approach, take two more strides away from pit. Adjust as necessary.
2. Take Hips Tall position and begin nine-stride approach with left foot.
3. Run straight toward pit; on fifth step, start the curve.
4. Place two check marks: one for starting stance and one at second stride of left foot, where curve starts.
5. On the ninth step, plant left foot, and make jump.
6. From this point, jump mechanics are same as five- and seven-step approaches.





Scissor Style High Jump

The scissor style high jump components consist of the following steps/approaches, to be used as the athlete develops his/her style.

- ♦ Establishing Approach
- ♦ Scissor Style - Three-step Approach
- ♦ Scissor Style - Seven-step Approach

Establishing the Approach

1. Stand next to the pit, with or without bar.
2. Run back three steps from takeoff point at a 45-degree angle from pit.
3. Run toward pit, starting with left foot and taking three steps; take off on left foot.

Scissor Style - Three-step Approach

1. Place bar just higher than pit.
2. Take same three-step approach as above.
3. Take first step on left foot.
4. Take second step on right foot and swing both arms back.
5. Take third step on left foot and forcefully swing both arms above shoulders.
6. Lift right leg (closest to bar) up and over bar.
7. Left leg follows to complete scissor.
8. Athlete lands in pit on buttocks.

Scissor Style - Seven-step Approach

1. Stand parallel to and an arm's length away from the crossbar, and a quarter of the bar's length from the right standard. This is the takeoff point to develop consistency in the approach.
2. Take seven steps away from this point on a 45-degree angle to the right of the pit. This is the location of the starting stance.
3. Face the pit, take the first step with the left foot, run straight to the pit, and accelerate with every step.
4. Plant left foot on seventh step at takeoff spot; jump into the air.
5. Keep arms and legs up with head held straight.
6. Land in pit on buttocks.
7. Roll to the rear of pit and get off.



High Jump Drills

Flop into Pit w/out Bar

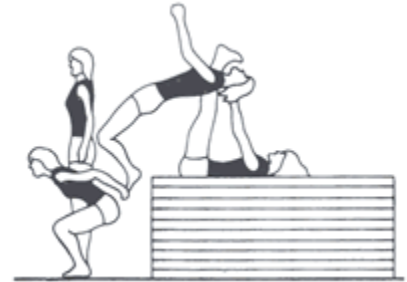
Reps: 10-20 jumps; decrease as comfort level increases

Purpose

- ◆ Develop back-bend sensation of flop technique
- ◆ Develop comfort in jumping backward into high-jump pit

Teaching Points

1. Stand with back to pit in Hips Tall position.
2. Bend at hips while driving arms back.
3. Jump up, driving arms up over head.
4. Dive, bending back into pit.
5. Arms/feet are extended up toward sky.



Flop into Pit w/Bar

Reps: 10-20 jumps; decrease as comfort level increases

Purpose

- ◆ Develop back-bend sensation of flop technique
- ◆ Develop comfort in jumping backward into high-jump pit over bar

Teaching Points

1. Stand with back to pit in Hips Tall position.
2. Bend at hips while driving arms back.
3. Jump up, driving arms up over head.
4. Flop over bar, bending back into pit, landing on back.
5. Arms/feet are extended up toward sky.



Pop-ups w/out a Crossbar

Reps: 5x; may decrease as skill level increases

Purpose

- ◆ Develop consistent plant, takeoff and arm coordination

Teaching Points

1. Take a three- or five-step approach to practice plant, takeoff and arm action.
2. See how high the athlete can pop up on each plant.