

National Federation of State
High School Associations



Coaching Pole Vault

This course, developed by USA Track and Field and the NCAA, has been designed to help both coaches and athletes. Coaches will learn to develop and teach the introductory skills of pole vaulting to your students. After completing this course, each participant will have a better understanding of the fundamentals of pole vaulting, as well as the best practices and techniques that will help educate and promote safety in the sport.

Course Objectives

- Starting a beginner – teaching proper standing grip height, width of hands on pole, and position of hands on pole
- How to instruct beginning level pole-vaulters through skill development drills and build confidence
- Maintaining a safe practice and competition environment – proper pad placement and securing of vault mat pads

Units

- Starting a Beginner
- Basic Laws of Physics
- Drills and Coaching Techniques
- Problem Solving
- Equipment and Facility
- Interactive Exercise

More

- Unlimited access to course & resources for one year from date of purchase
- FREE Course
- Use as an elective to fulfill  certification requirements
- Approved by NFHS for 3 course clock hours

More Information at [nfhslearn.com!](https://www.nfhslearn.com)