



National Federation of State
High School Associations



Coaching Pole Vault

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

Unit 1: Course Introduction

- Learning Objectives

Unit 2: Starting a Beginner

- Unit Introduction
- Standing Grip Height
- Positions of Hand on Pole
- Balanced Pole Carry
- Working with Straight Pole
- Pop Quiz
- Fun Fact!

Unit 3: Basic Laws of Physics

- Unit Introduction
- Focus Through the Top Arm
- Keep Head and Eyes Up
- Jump Off the Ground
- Putting it All Together
- Fun Fact!

Unit 4: Drills & Coaching Techniques

- Unit Learning Objectives
- Drill Progressions & Coaching Techniques
- NFHS Rules

Unit 5: Problem Solving

- Resources Reminder

Unit 6: Equipment and Facility

- Unit Introduction
- Learning Objectives
- Zero Point
- Standard Base Pads
- Preferred Landing Zone

Unit 7: Interactive Exercise

- The Science Involved

Unit 8: Conclusion

- Final Remarks
- Course Test

Resources: (PDF's) Pole Vault Rule Changes and Requirements, NCAA Pole Vault Rules, Pole Vault Administration and Rules, NFHS Track and Field Rules: Rule 7-5 Pole Vault, Track and Field Pre-Meet Notes, Pre-Competition Issues, Pole Vaulting: Successful Skill Development pt.1, Pole Vaulting: Successful Skill Development pt. 2, (Videos) Blocking Action of Bottom Arm, Jumping Off the Ground, One Arm Drill, 2 inch Cone to Sand Drill, 4 Stride into Pit Drill, Connection Drill, Drill Progression – Reaching Tall, Positive Connection, Organization of Practice, Pit Size, Box Collar, Standards Padding, Surrounding Pit Pads, Pit Straps, Top Pad, Adjusting Pit Pads.