

Trish King Porter Topmiller

-1988 U.S. Olympian in the High Jump-

-Personal Best: 6'5"-

-7th U.S. All Time High Jump List 1988-

-2nd Place 1988 Olympic Trials High Jump-

-7th Place 1988 Olympic Trials Heptathlon-

-Former World Record Holder Women Ages 40-44, High Jump, 5'9 1/4"-

-Multiple Times U.S. and World Masters Champion-

-Competed for the University of Oregon-

-A speaker, guest on radio and television programs, and has been the subject of interviews in the Wall Street Journal, USA Today, Los Angeles Times, Family Life Radio and more

-Award-Winning author of her second book *King Here: Never Too OLD, Too RICH- or Too ANYTHING to Meet Jesus*

-Rekindle Your Dreams, First Book -



Establishing a High Jump Plan for Success

Trish Porter Topmiller







**“Fords pass Cadillacs all day long.
They just have to work harder”
-Chuckism**

1

Got Skills? What's Needed!

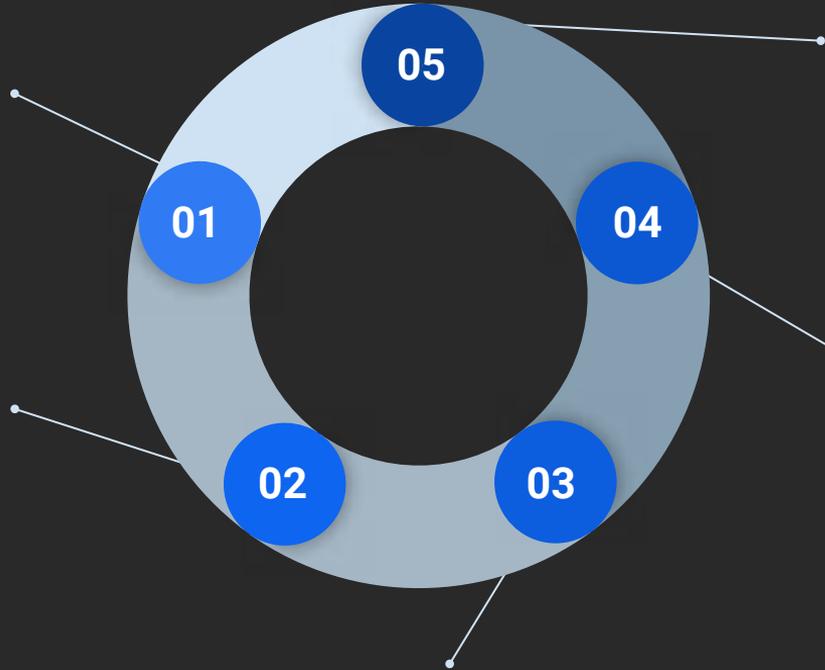
**“Success is just a number of
daily small victories”
-Chuckism**

High Jump Knowledge

Approach, take off, quickness off ground, body over the bar, and the close

Well Trained Athlete

Base training, plyometrics, speed and strength training, and jumping drills



Mindset

Positive, belief in coach and their knowledge, and belief in what they are doing

Sound Technique

Consistent approach, smooth and increasing speed, explode & drive up, arch over bar and timing the close

Consistent Approach

Measured, speed, and practice often



**"You move in the direction of your uppermost thoughts!"
-Chuckism**

2

Training Day In and Day Out with Purpose

**“Practice doesn’t make perfect.
Perfect practice makes perfect”
-Vince Lombardi**



Warm Up

-Jog-

-Dynamic Warm Up-

-5-6 strides-



Jump Drills

-Bridges / Arches-

-Walking Drills-

-Three Step Pop-Ups-

-Box Drills-

Jump Drills

Bridges / Arches



Lay flat on back



Press up on arms and legs
with arched back

Hold for 3 seconds
Do before all jump sessions and meets

Jump Drills

Walking Drills

Do: Before each jump session until they get the hang of it

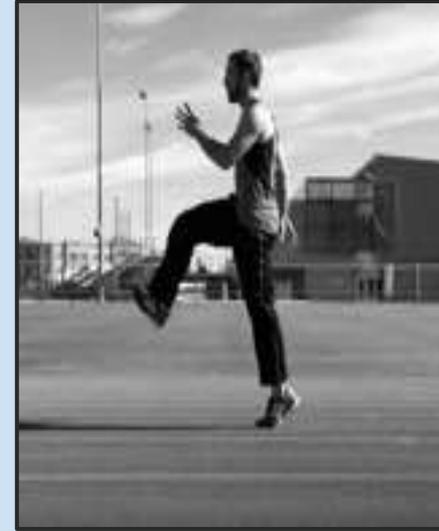
Next level: Incorporate arms after 1-2 sessions. Arms should be at a right angle and swing freely

Tip: These are harder than they sound, so be patient! Don't pound the ground

How many: 10 - 15 yards x 4 reps



Stand tall on balls of feet
Lift one knee up



Whip lower leg out and
down smoothly.
Similar to riding a bicycle

Jump Drills

Three Step Pop-Ups

Do: In a straight line, stand tall, take a couple of jogging steps then do the last 3 steps of the approach:

- On heels
- Light & Quick
- Drive arms at a right angle
- Pop up off the ground
- 50% effort

Next level: Progress to a circle- lean in slightly

Tip: Work rhythm, take off up. Don't pound ground or force it

How many: 3 sets of 5 pop-ups, then switch directions and 2 sets off the other leg

Jump Drills

Box Drills

Do: Use 18" plyometric box. Place box in the center of the bar, a few to several inches away from it. Stand in center of box with back to bar, bend knees and drive arms up. Next, jump up, and at the top of the height the head goes back, and back arches; hold arch, and close. Concentrate on going upwards and pushing up off the box with your feet and toes.

To close jump, bring chin to chest

Next level: Have contests for highest jump or most over their height

Tip: Use cue phrases: "Squeeze butt cheeks together, squeeze shoulder blades to the pit, press hips to sky, and pinch a quarter with your bottom"

How many: 6-10 repetitions

This drill is about:

-Timing-

-Mental Toughness-

-Focus-



Full Approach Run Throughs

The goal is to be consistent. Repetition is key.
8-12 reps



Full Approach Run Throughs



Approach Details

10 step approach

Measure steps using triangle

"J" Curve

5 steps on straight and 5 on curve

Stay tall

Run slow, to fast

Build speed with each step

Last 3 steps on heels

Last step

Longest and quickest step



Focus On

Consistency, smooth, speed,
repetition

6-12 per practice session

5-6 per meet

Stay Tall

Don't take off of ground

Continue approach away
from bar

Good rhythm

Place bar high, 1 foot over
personal best



Visualization

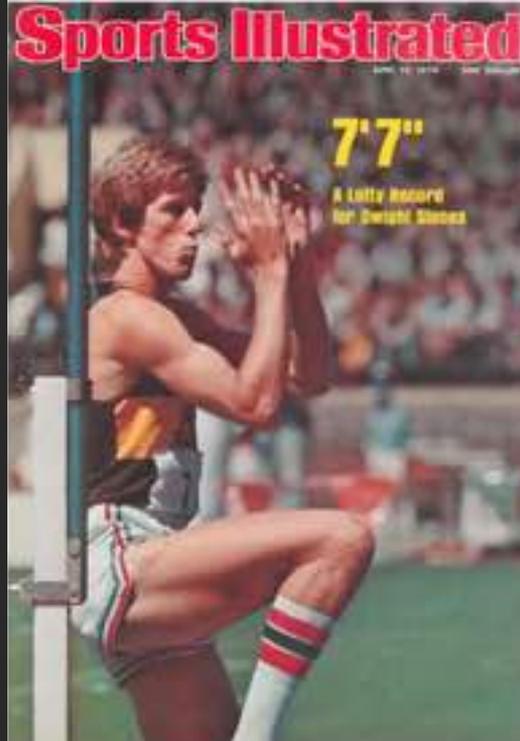
Important for success

Visualize at beginning
of approach

See yourself doing each part
of approach clearly

See yourself clear the bar

Place tape on wall at home
higher than goal height



Dwight Stones



3-Step Walking + Visualizing Drill

Set bar high

Walk last 3 steps

Drive knee up & away from bar

Drive arms up to right angle & arm
closest to the standard across body

Look at standard further away

Press from heel to toe, drive knee
through, as seen in picture

Short Approach Jumps



- 5 steps-
- Several sessions preferably-
- Quality over quantity-
- Focus on specific area each session-
- 12-15 reps-

Full Approach Jumps



- Goal = control-
- 4-6 full approach jumps-
- Work up to 10-12-
- Choose 1-2 key focus areas-
- Avoid overwhelming amount of criticism-
- Limit # of jumps-
- As athlete improves, increase approach speed-

Workouts

**“Make the most of the
opportunity God has given you”
-As seen in *King Here***

Dynamic Warm Up



- Jog-
- Dynamic Drills-
- ABC Drills-
- Crossovers-
- High Knees-
- Jog Backwards-
- Toe Touches and More-
- 5-6 Strides-

Running



1. **Pre-season:** Get in shape, greater variety of distances, and longer distances
~ 50's in and out (50 jog and 50 strides) 3 laps and work up to 6
~ Keep sprints \leq 300 meters (30-80 meters, 100-200 meters)

Samples:

- A. 200 (2 min rest)
200 (90 sec. rest)
200 (60 sec. rest)
200 (all the same pace)
 - B. 150 (3) 30 sec. rest (2 min. rest)
200 (2) 45 sec. rest (2 min. rest)
300 (1)
 - C. 50 (3) at 75% 25 sec. rest (1 min rest)
40 (3) at 85% 20 sec. rest (1 min rest)
30 (3) at 90% 15 sec. rest between
2. **As season progresses:** Distances shorten, effort increases to 80-100%, lower repetitions and rest increases.
 3. **Variations of:**
 - A. (4 x 30 m) 15 sec. rest (1 min between sets) (3 sets). Increase % effort.
 - B. (4 x 60 m) 20 sec. rest between (1 min. rest between set)
(4 x 40m) 20 sec. rest (1 min rest)
(4 x 30m) 15 sec. rest (% of effort increases with each set)
 4. **Utilize:** Many different combinations
 5. **Distance:** Shortens the closer to competition season

Plyometrics



Start: Basic 2 leg jumps and single leg jumps in place and moving forward

Skaters & box jump ups

Pre-season: 3 days/ week

Mid-season: 2 days/ week

Do after jump session, before run or lifting

After: 2-3 weeks increase difficulty: Ladder drills, hurdle and depth jumps

Start: With 8 repetitions each then increase to 10

Decrease: Closer to peak season

Strength Training



Pre-Season:

3 days / week

Total body with abs, back and hamstrings

As Meets Increase:

Reduce lifting to 2 days / week

Important Competitions:

7 days prior, stop lifting completely

Continue training abs

Approaches

Make the smart choice
Not the easy choice

-Three times per week-

-8 to 12 repetitions-

-They should be tired of approaches-





Jumping

Pre-Season:

2-3 days per week

Mid-Season:

2 days per week

Before Important Meets:

One day per week

Show Time! Competition Day!

**“If you don’t run the race
you have no chance of winning!”
-Chuckism**



Be Prepared

Arrive Early

Proper Warm Up

Measure Steps

Run Approaches

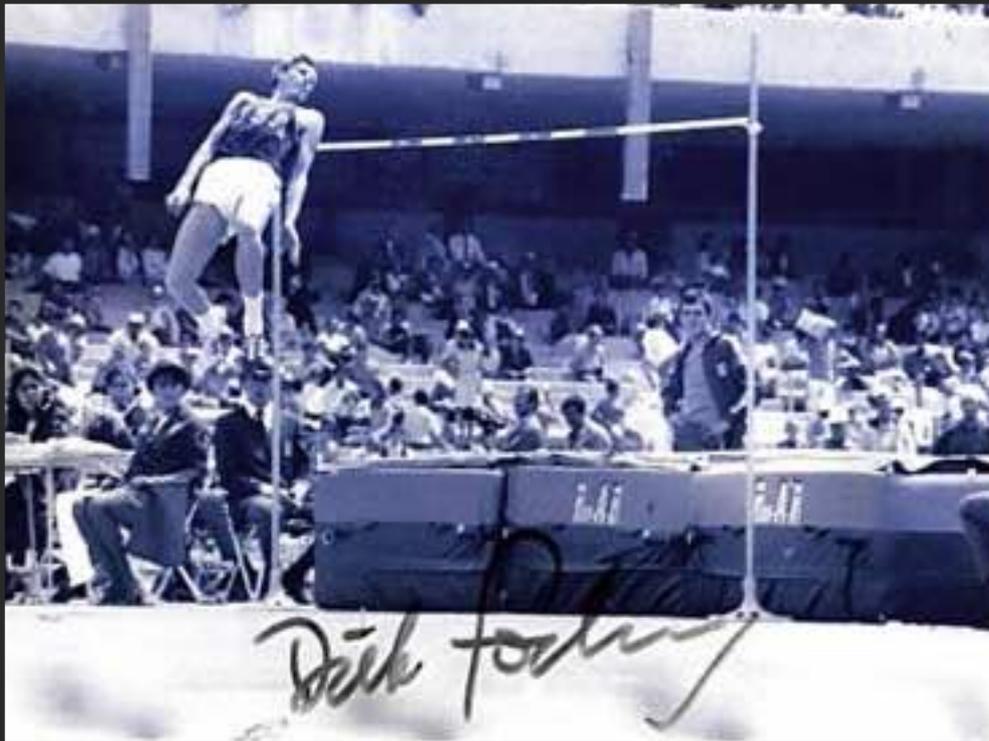
Jumps

It's Focus Time

**Focus
on one
thing!**



**Don't
focus on
the
height of
the bar!**



Dick Fosbury

Be Aware

Make sure position of the pit is *not* breaking the plane of the bar or sitting on the standards. Point this out to the meet official *gently*.

Your Coaching Matters!



Coach Yanicks
Menlo Atherton High School

**“The definition
of character is
doing what’s right
when no one
is looking”
-Chuckism**

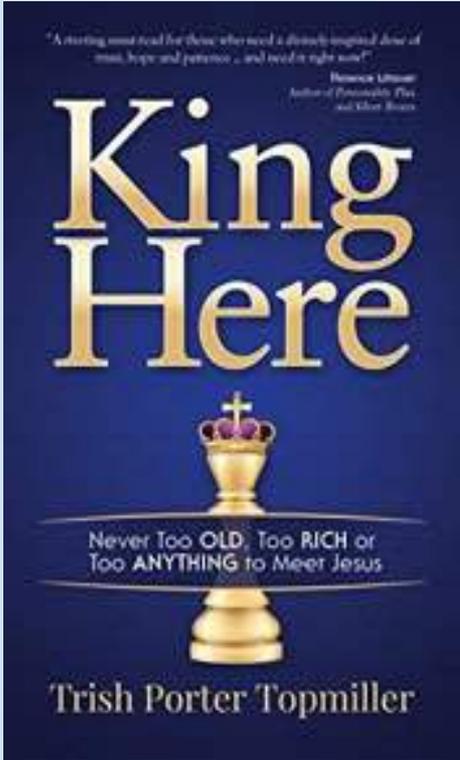


Coach Allan Hanckel
My Olympic & Masters Coach



**Dream, then go after that dream with sweat and commitment!
-Chuckism**

TrishPorterTopmiller.com



Thank You!

Trishj4j@msn.com

