

# Trish King Porter Topmiller

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

-Personal Best: 6'5"-

-7<sup>th</sup> U.S. All Time High Jump List 1988-

-2<sup>nd</sup> Place 1988 Olympic Trials High Jump-

-7<sup>th</sup> 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**

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# **Got Skills? What's Needed!**

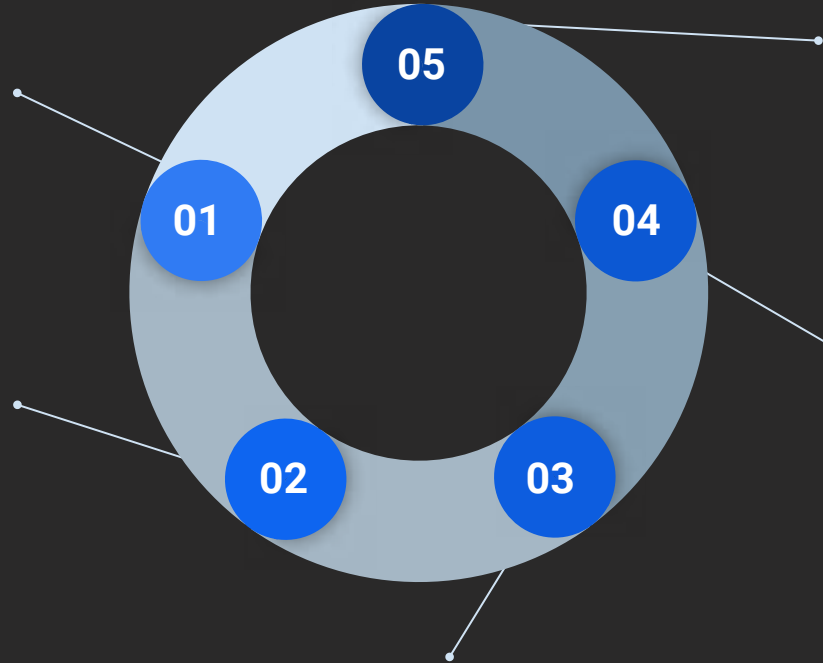
**“Success is just a number of  
daily small victories”  
-Chuckism**

## 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**

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# **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

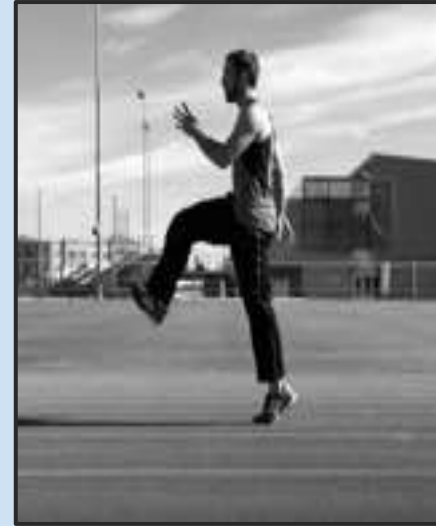
**Next level:** Incorporate arms after 1-2 sessions. Arms should be at a right angle and swing freely

**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

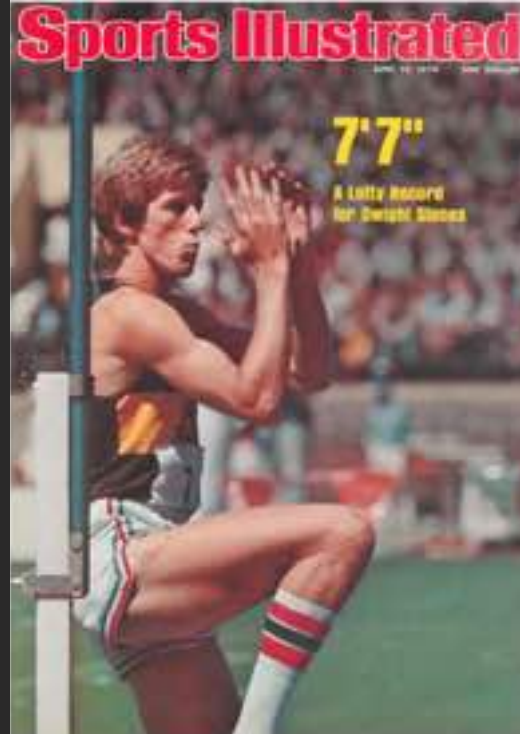
Important for success

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**

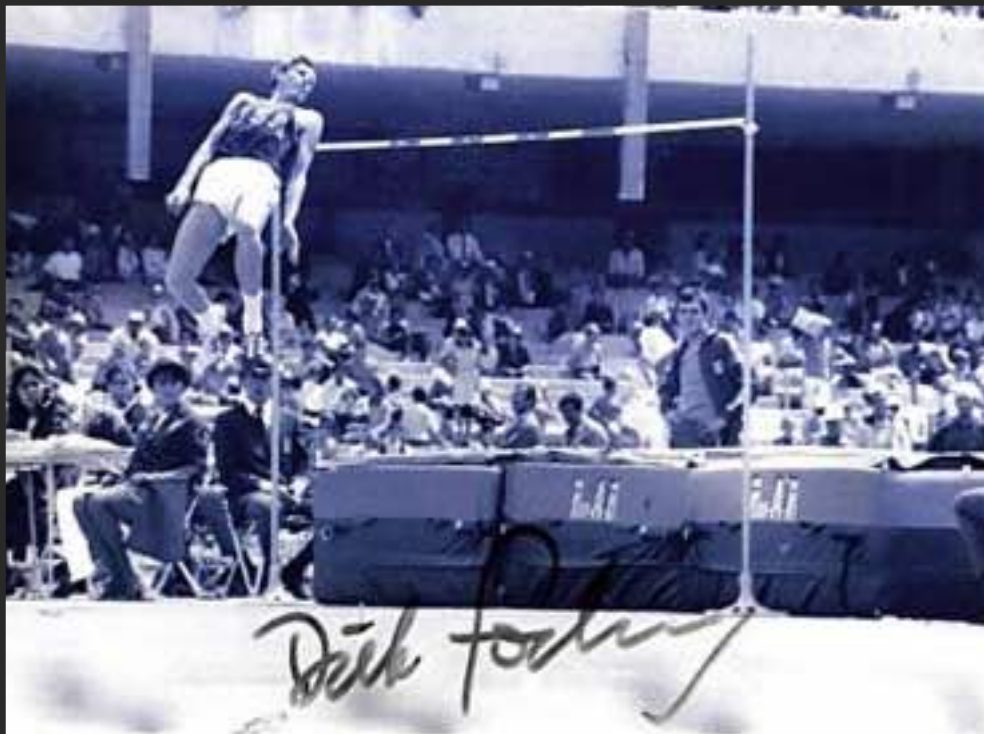
**Jumps**

# 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**



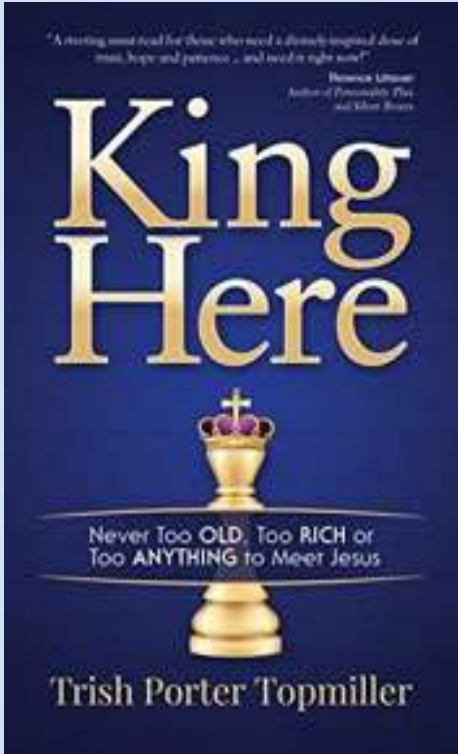
**Coach Allan Hanckel**  
**My Olympic & Masters Coach**



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



TrishPorterTopmiller.com



**Thank You!**

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