



The High Jump

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Coaching Career



Oak Ridge High School: 1982- 1993

Brenham High School: 1993-2002

Montgomery High School: 2002-2012

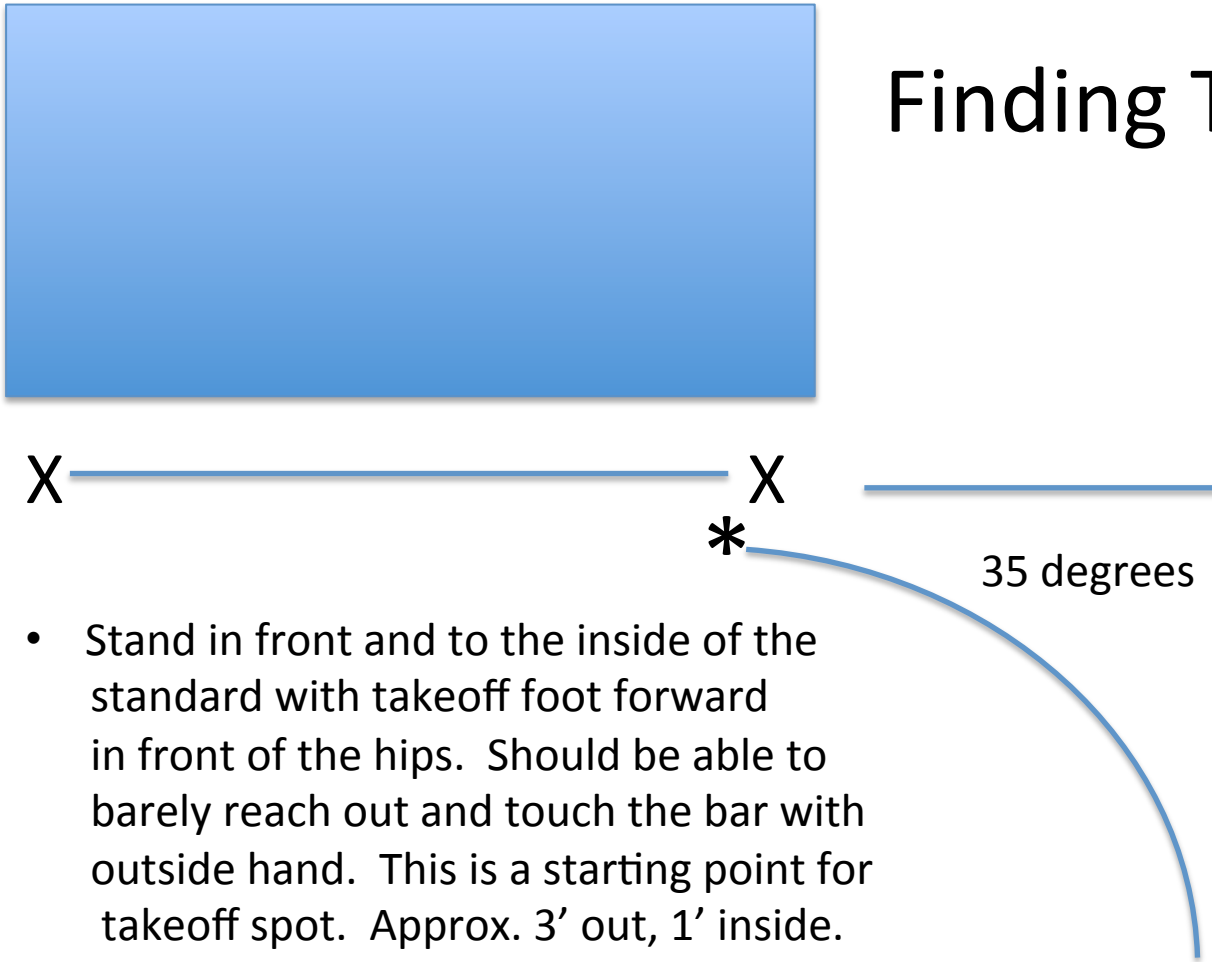
Houston Baptist University: 2012-2015

Coaching Philosophy

- LEARN THE MECHANICS OF THE EVENT
- BE OPEN TO NEW THINGS,
CONTINUALLY TRY TO LEARN
- USE FUNCTIONAL TRAINING
- KEEP THINGS SIMPLE
- DO NOT COACH BY TRADITION
- BE A TEACHER NOT AN
ADMINISTRATOR

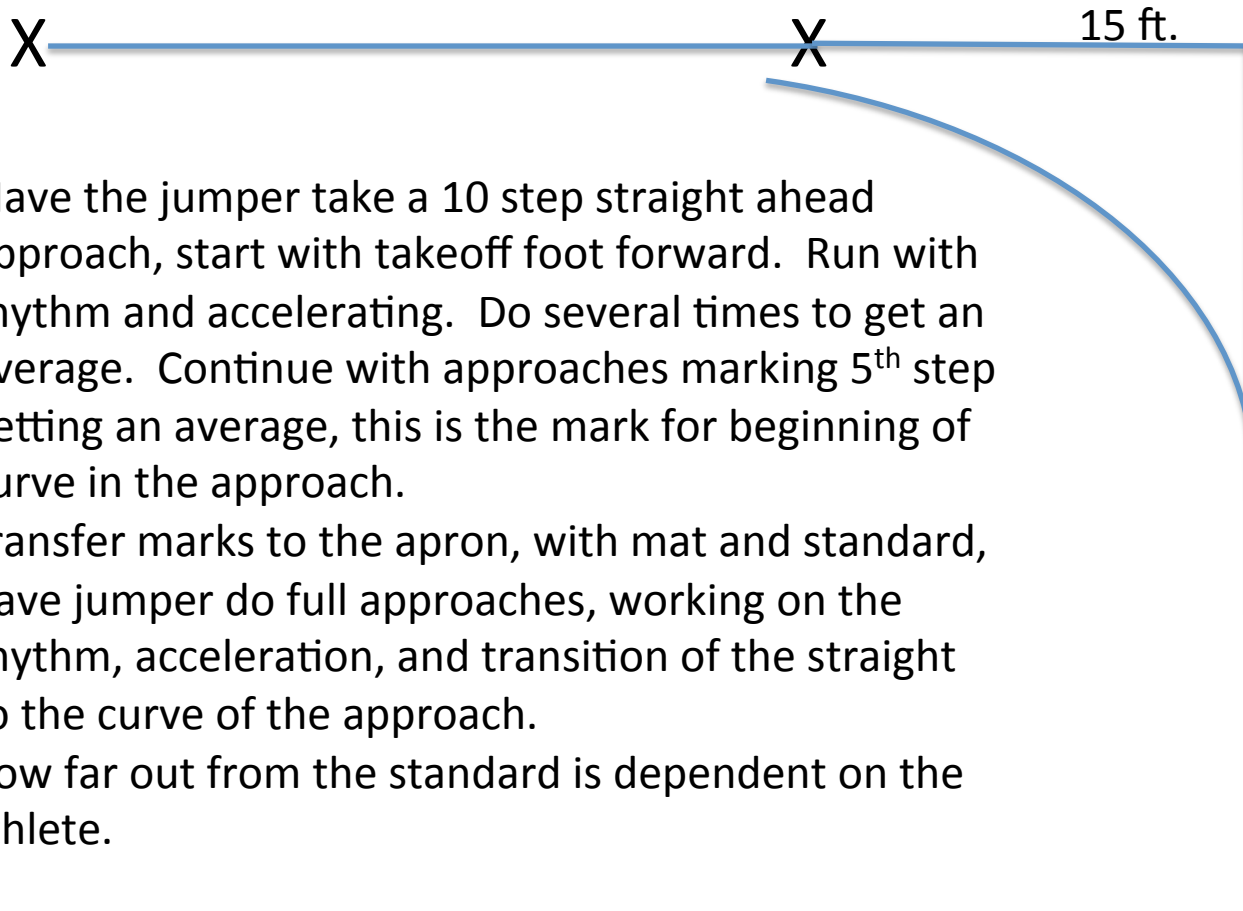
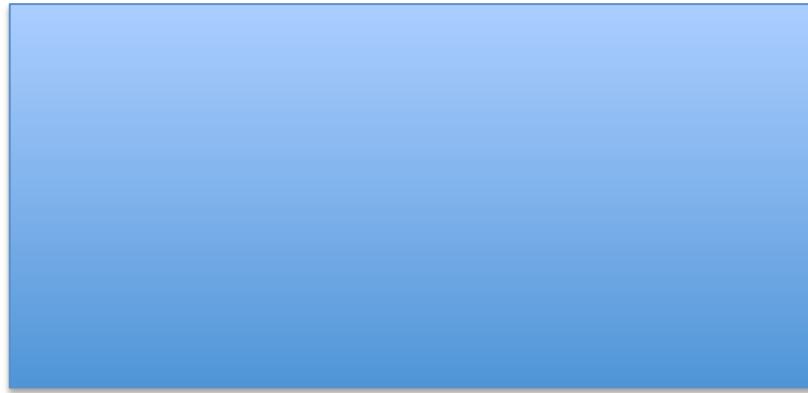


Finding Takeoff Spot



- Stand in front and to the inside of the standard with takeoff foot forward in front of the hips. Should be able to barely reach out and touch the bar with outside hand. This is a starting point for takeoff spot. Approx. 3' out, 1' inside.
- This spot can be adjusted as jumper gets run thru and speed increases.
- Jumper body position at takeoff is a slight lean to the inside of the curve and back away from the bar, hips behind plant foot.

Setting Up Approach



- Have the jumper take a 10 step straight ahead approach, start with takeoff foot forward. Run with rhythm and accelerating. Do several times to get an average. Continue with approaches marking 5th step getting an average, this is the mark for beginning of curve in the approach.
- Transfer marks to the apron, with mat and standard, have jumper do full approaches, working on the rhythm, acceleration, and transition of the straight to the curve of the approach.
- How far out from the standard is dependent on the athlete.

High Jump Training

- Weight room: lifts that are functional, lifts that put the lower body in positions similar to the high jump. Where the lower leg muscles, upper leg muscles, and hip are in a stiffened state for the takeoff. The swing leg coming through tight to the butt. All single leg lifts. Working on eccentric contraction.
- Plyometrics: over banana hurdles, regular hurdles, boxes, bounding drills.
- Running drills: proper running mechanics, so that the jumper can apply reactive force to the ground and accelerate in the approach.
- Curve running drills: to help the jumper generate speed in the curve.
- Takeoff and Approaches: These are done with a short approach 2-5 steps, accelerate quickly to bar, the last two steps are very quick and reactive (creating stiffness in takeoff leg, bring swing leg through quick and tight to butt trying to get as much hip height as possible. These can be done just landing on feet on the mat or with a bar up and clearing the bar.
- Competitive Jumping: This is done only once a week, the bar is placed at an opening height (what is the normal height or what jumper is comfortable starting at). Go through the competitive jumping process. **Have jumper attempt some PR bars.**
- Air Technique: This can be done from short approaches taking off from a box or standing on a box with back to bar and flopping over. Working on body position and timing.
- Approaches: These are full approaches done with acceleration and rhythm, no jumping just run across the mat.

Important Aspects of High Jump

- The Approach: This is the most important part of high jumping. An approach that generates the appropriate speed and puts you on your takeoff mark to make a clearance.
- Good Running Mechanics: Good mechanics that will help the jumper in building up speed in the straight and the curve.
- Good Takeoff Mechanics: Being able to generate the right amount of force on the ground to transfer the horizontal speed of the approach to vertical or angular speed.

Common Errors

- Number of steps taken for straight and curve is incorrect.
- No check marks in the approach.
- The approach is run incorrectly: (1) Getting too deep, not running a true curve which changes the angle of takeoff from the bar. (2) Stepping out on the approach, going to direct to bar and getting flat to the bar.
- Takeoff Errors: Coming down on the bar, lack of arching, jumping into the bar, traveling down the bar.

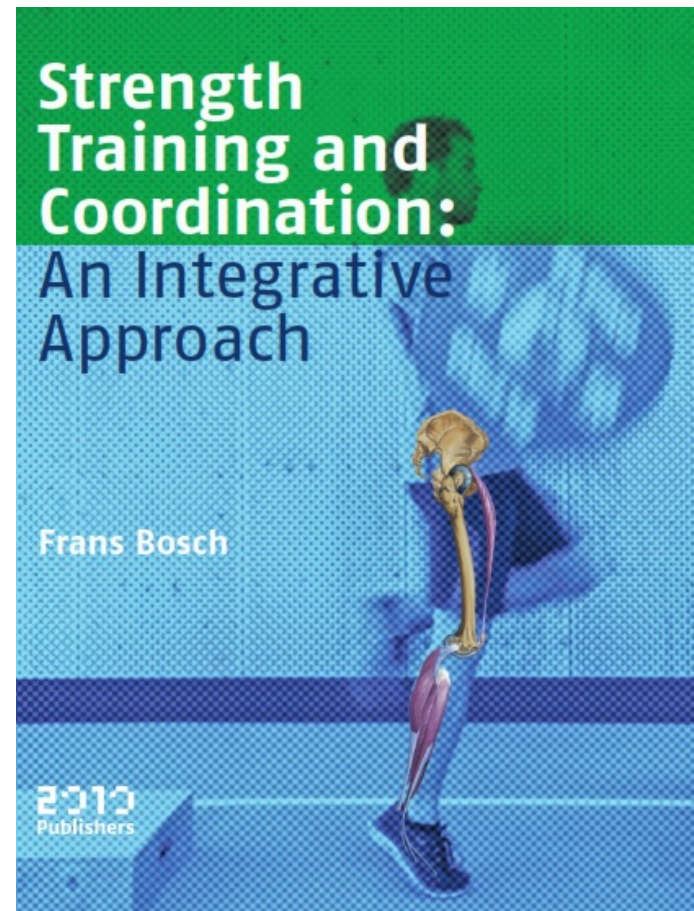
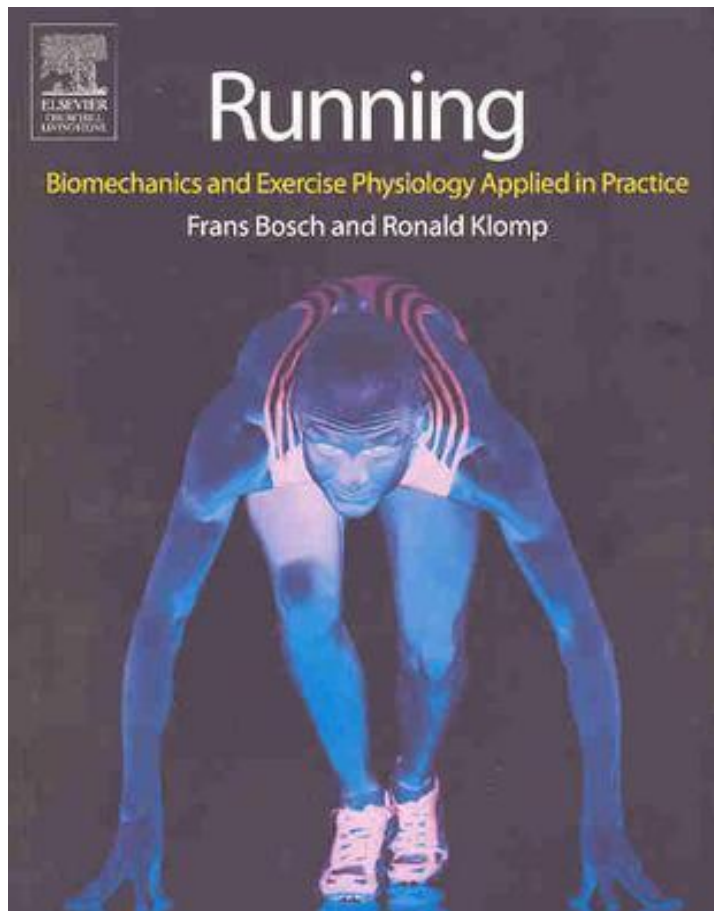
High Jump Coaching Points

- Viewing the jumpers: Watch from all angles, watch from behind, from the sides, and from the front.
- Train yourself: As a coach in any event you have to train yourself in what to look for and how to look for it. Very difficult to see all aspects of the high jump. View approach from behind them and actual jumps from the sides. Video the jumper so they can see what they are doing, that visual might be what helps them pick up a coaching point.
- Training: In training the jumper less is better than more. The jumper needs to learn all of the technique and mechanics, needs the strength to perform the jumps, but do not over do it.
- Mental Preparation: Huge part of the event, make sure jumper is ready to compete. Must know the height they want to start at, how to respond to pressure of making a bar after 1 or 2 misses at a height. Dealing with adverse weather conditions. How to respond to increased bar heights, as far as there approach.

Season Training Phases

- Phase One: This would typically be in the fall of the year. If the jumper is involved in other sports during the fall and winter, then this phase may be skipped. During this phase is when conditioning would be done. (1) Basic running mechanics and acceleration. (2) Functional weight room work for strength and conditioning, and (3) Basic plyometrics and bounding.
- Phase Two: This phase is during the winter, starting to prepare the jumper for actual event type movement. (1) Running becomes more specific, putting the high jump approach together, straight away transitioning into the curve. (2) Weight room becomes more event specific, using functional lifts that simulate the movements of the jump. (3) Plyometrics and bounding becomes more specific, everything done off of one leg, more strenuous, clearing or going over barriers.
- Phase 3: This is the competition phase, getting ready for competition. (1) The running continues with accelerations, curve running, and full approach. (2) Weight room is phased out or reduced. (3) The plyo's and bounding become mostly the actual jumps in practice. This is the event specific work, the approaches and the actual jumping.

Valuable Resources for Track & Field



Recommendations for Coaching High Jump

- Continue to learn about the event: Clinics, reading articles, talk to other coaches, and viewing videos.
- Train yourself as a coach: (1) Know rules of the event. (2) Know your jumpers and what is best for them. (3) Workout prescription and train your coaching eye.
- Don't do drills and workouts just because someone else did them and they were successful.
- Understand the mechanics of the event and what is needed by the athlete to perform the skills involved.