High Jump Training

Coaching Tips
- Juniors scissors only
- Seniors (15+) can do the fosbury flop with training. Although scissor both in training and competition are still important right up to and including the elite level. Practicing scissors helps athletes to drive straight up, increasing jump height and training muscle memory not to open the hips and shoulders too early.
- Use a nine step approach for both scissors and fosbury flop. For fosbury flop five steps on the straight four on the curve.
- Jumpers should pop and jump in the last third of the mats.
- The best viewing position for the coach to watch the jump is 1-2 metres back from the mats in line with the uprights.

Best position to view the jump

Good position to view the run up
- Open arm and leg point your drive knee and drive elbow to the 2nd upright.
- “The Pop” - Correct blocking no crunching.
- Eyes looking at second upright then the sky.

- Looking for a smooth build-up of speed
- Everything straight and tall not over the bar. Cue “Tall and straight imagine you are jumping out of a drum.”

Drills
- Circle running, lean at ankle, feet outside markers, head inside markers
- J-Run lean at ankle feet outside the markers head inside the markers
- Practice plant foot, plant arm.
- Then practice blocking
- Then incorporate plant, block.
- Then incorporate plant, block, pop
- Pop tall and straight like you are jumping out of a drum
Mat Drills for Learning the Fosbury Flop

- Have students stand on the mat arm spread open and fall straight back on their back. You are looking for students to be comfortable with landing on their back, not flinching or crunching as they fall, and not using their hands to brace their fall. They need to comfortable with landing on their back before you commence teaching the flop technique.
- Next have students stand in the block position next to the mat, teacher gently holds the students wrist and toe and guides their arm and leg to remain in the open position as they fall onto their back. Knee and elbow should be pointing toward the second upright.
• Get students to practice the open position lying on the ground.
• Finally students should combine all these skills to complete the fosbury flop. Nine step J-Run Blocking and popping one third of the way from the second upright opening the hips and shoulders at the top of their jump with the drive knee, drive elbow and head pointing toward the second upright, as illustrated below.