

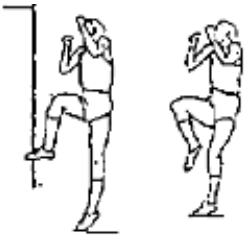
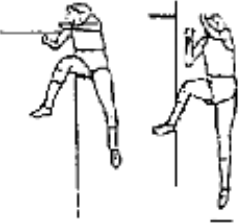
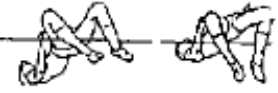
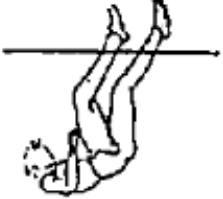


# HIGH JUMP

by Fletcher McEwen

The high jump is a speed event. Above all the jumper must maintain speed throughout the jump.

EVENT PHASE		
	<p>APPROACH RUN (ENTRY &amp; ACCELERATION)</p>	<ul style="list-style-type: none"> <li>• Starts slowly building rhythm &amp; speed</li> <li>• Good running form (pelvis tilted upwards)</li> <li>• Active foot plant in all strides</li> <li>• Straight at first, curving in last 3-5 strides</li> <li>• Consistent, finishing at same point each time</li> </ul>
	<p>PREPARATION FOR TAKE-OFF</p>	<ul style="list-style-type: none"> <li>• Increased leg speed (cadence) through curve</li> <li>• Hold hips high (run tall) in last few strides</li> <li>• Maintain the curve (do not cut it or make a sharp turn)</li> <li>• Run through the takeoff (do not overstride or slow down)</li> </ul>
	<p>TAKE-OFF</p>	<ul style="list-style-type: none"> <li>• Slightly chopped last stride</li> <li>• Active flat foot plant in the line of run-up</li> <li>• Toes pointed through the bar</li> <li>• Bent free knee punched through to horizontal, parallel to the bar (not away from) then blocked</li> <li>• Head, CM and foot in a vertical at take-off</li> <li>• Take-off time minimized</li> </ul>

	<p>FLIGHT PHASE I</p>	<ul style="list-style-type: none"> <li>• Maintain initial take-off position</li> <li>• Aim for long thin shape to minimize rotation</li> <li>• Towards the bar</li> <li>• Eyes focused along bar</li> <li>• Keep arms in the line of the body</li> </ul>
	<p>FLIGHT PHASE II</p>	<ul style="list-style-type: none"> <li>• Hold knee drive until body rides to bar height</li> <li>• Maintain eye focus along the bar</li> <li>• Draw both feet up towards the buttocks and splay the knees</li> </ul>
	<p>LANDING</p>	<ul style="list-style-type: none"> <li>• As hips clear the bar, tuck the chin in to the chest and raise legs</li> <li>• Land on the back and shoulders</li> </ul>

The last 3-5 strides must be curved to achieve good take-off mechanics. The early part of the run is used to develop rhythm and speed. The jumper must not slow down through the take-off as speed (and minimal contact time) is essential for proper utilization of elastic muscle properties.