

AKRON (=highest) EXPECTATIONS PV WORKSHEET - Perspective From Pole Vault Heaven

NAME:					DATE:			
Personal Best	Takeoff Step	Grip	Push Off	Left/Rights	Athlete Check	Coach's Check	Pole Size	Grip Width
P.R.:_____								
Personal Information	Age/Grade	Height	Weight	Body Composition	Height Goal	Competition Goal	Athleticism	Lifestyle
Answer or Rank:								
Fitness (health and safety a given)	SPEED MPS 40/60/100 time	CORE - RELATIVE STRENGTH Bubkas/shoulder pulls/pull-ups/rope	KINESTHETIC AWARENESS Bar/ Steering	POSTURE BALANCE Hand stands/ walking/TAKEOFF	TAKEOFF DYNAMICS Long jump/hurdles/ high jump	PULLOVER Gymnastic Dynamics	POWER Clean	JUMP COUNT (endurance)
Answer or Rank:								
Cognitive/Personality	EXPECTATIONS Culture ratings?	STUBBORNNESS Determined/ Persistent/ Disciplined	ORGANIZED Meticulous (Approach/Tactics/ Standards etc...)	AGGRESSIVE Trusting/ confident	TECHNICAL CONCEPT	MENTAL IMAGE Internal/external perspective	MOTIVATION FOCUS The lemon and the squirrel	COMPETITIVE
Answer or Rank:								
TECHNICAL BOTTOM <i>Horizontal</i>	POLE CARRY *Cocked Wrist* <ul style="list-style-type: none">- Shoulder width armpit/elbow?- High carry start- 4 left pole drop	SPRINT MECHANICS <ul style="list-style-type: none">- Heel up- Toe up- Knee up- Drive to quick	APPROACH <ul style="list-style-type: none">- Check Steps- Building- Smooth to quick- Highest level of controlled speed- Built around the plant/takeoff (PLOFF/steering)	PLANT Efficiently putting the pole in the box <ul style="list-style-type: none">- 3 step- Start-Head-Reach- B-hand under pole- Hips over feet	TAKEOFF "POSTURE" Top hand directly extended above and over takeoff foot <ul style="list-style-type: none">- Hands up - knee up- Shorter last step <i>Ideal takeoff point?</i>	C-TAP FOLLOWTHROUGH ELASTIC An elastic followthrough of a good postural takeoff. Make sure feet do not slide underneath.	STEERING DEFINES THE VAULTER Active anticipation of the "ideal" takeoff to followthrough position throughout the approach. Integrated with "connectivity"	CONNECTIVITY The transition from horizontal to vertical and the associated kinesthetic senses <ul style="list-style-type: none">- Long short lever- Hands working- Legs swinging- Rhythmic
Answer or Rank:								
GRIP Pole Carry Sprint mechanics Steering (speed)								
Drills and Technical Cues:								
TECHNICAL TOP <i>Vertical</i>	SWING to HANDS <ul style="list-style-type: none">- Long arms- Hands moving- Legs swinging- Rotation at the shoulders	TUCK-PIKE <ul style="list-style-type: none">- speed up rotation- split the top arm- heels back	LINE UP BALANCE left forearm braced against the pole	EXTEND & TURN TOP-TAP ROL Right over left	PD the P Pressure down the pole HOE Hollow-out extension	RSP RUNWAY SIDE of the POLE	PUSH-OFF Fully PD the P Push down the pole Head RSP	HOLLOW-OUT CLEARANCE Good rotation over the bar Elbows Out Flick the Wrist
Answer or Rank:								
PUSH-OFF RSP Balance Pressure								
Drills and Technical Cues:								
COMPETITIONS	Warmup	Management	Demeanor	Reliability	Pole Selection	Pole Transition	Application	RTTO Rise to the occasion
Answer or Rank:								
APPROACH/PLANT DRILLS Physical Conceptual Applicable	SPRINT DRILLS <ul style="list-style-type: none">- march- slow heels up- compact quick- slow to quick	BASKETS <ul style="list-style-type: none">- 6' full approach- 5' Short approach- 11(5left) quick 4-5'- lane sticks	POLE RUNS <ul style="list-style-type: none">- 8w-9m left general- Fully measured- sprint drills	PLOFF SERIES <ul style="list-style-type: none">- skips high- rows- 2 step- 3 step - 4 step- 5 left	SLIDING BOX <ul style="list-style-type: none">- 2 step- 3 step- 4 step- 5 left- Fulls	GALLOPS <ul style="list-style-type: none">- single- double TUBS <ul style="list-style-type: none">- single- double	STEERING <ul style="list-style-type: none">- 20 in 20- any point	TAP APPROACHES <ul style="list-style-type: none">- extra grip long approach takeoffs
GYMNASTIC DRILLS Physical Conceptual Applicable	BUBKAS <ul style="list-style-type: none">- super- super-dupers- wipers- turns	SHOULDER PULLS <ul style="list-style-type: none">- straight- cheater- Split bar	RING SWINGS <ul style="list-style-type: none">- swing ups- back swinging- forward swinging (all tap bottom & top)	PULLOVERS <ul style="list-style-type: none">- regular- Rafael's- clear hip	HIGH BAR <ul style="list-style-type: none">- kips- swings- giants	ROPE <ul style="list-style-type: none">- Regular climb- upside down- swing ups- Basic rope vaults	HAND STANDS <ul style="list-style-type: none">- Walking- 7 sec+ stands- pushup	PARALLEL BAR <ul style="list-style-type: none">- extensions TRAMPOLINE <ul style="list-style-type: none">- tramp vaults
POLE DRILLS Physical Conceptual Applicable	TRAINING POLE	SHORT APPROACHES 4-7 lefts	ASSISTED SUICIDES 2-4 steps	STRAIGHT POLE <ul style="list-style-type: none">- ploff series- swing-ups- swing to hand	RESISTERS <ul style="list-style-type: none">- straight- bend- "Topper"	SWING TO HAND Sand or Pit	VAULTING WITH A REAL BAR	TAP APPROACHES
APPROACHES	2 lefts-distance/check	3 lefts-distance/check	4 lefts-distance/check	5 lefts-distance/check	6 lefts-distance/check	7 lefts-distance/check	8 lefts-distance/check	9 lefts-distance/check

Rank

E = Excellent	G = Good	F = Fair	P = Poor	X = nonexistent
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