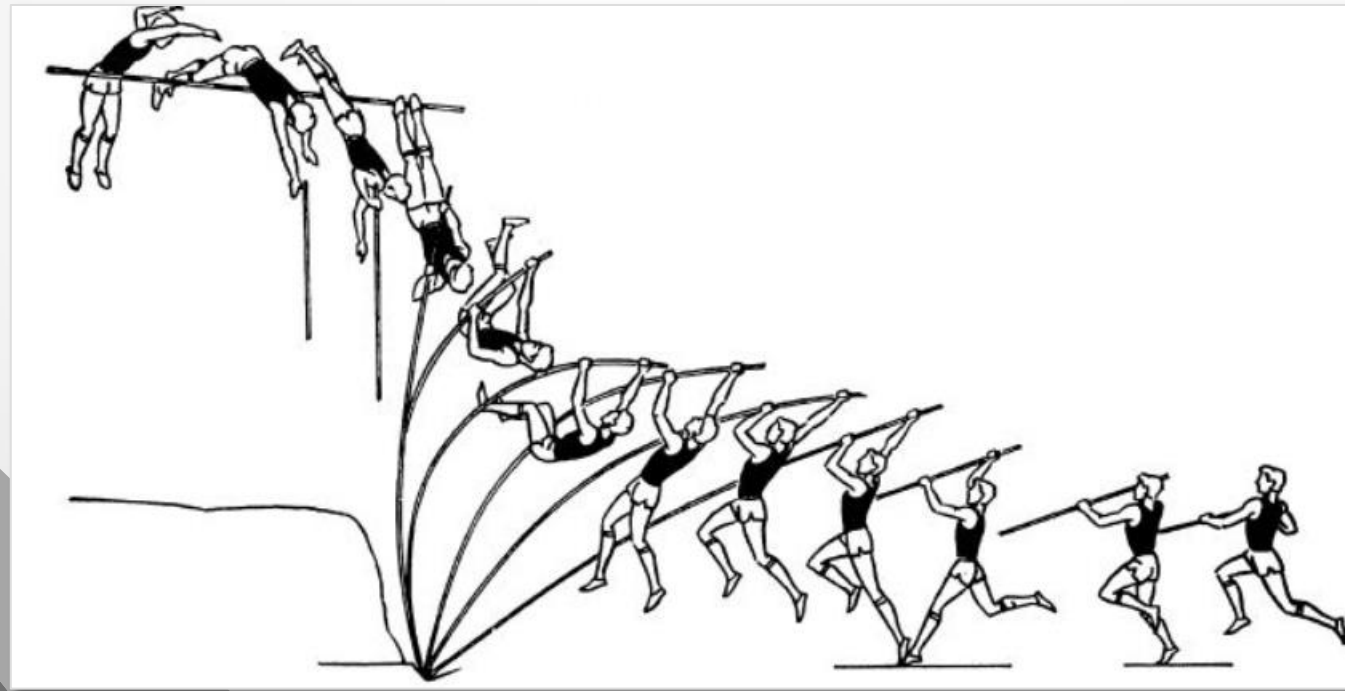


# COACHING THE POLE VAULT

## For Beginning Coaches





## **PETE DVORAK**

- 1994 - 1997 Pole Vaulter - Madison Memorial
- 1998 - 2000 Coach - Madison Memorial
- 2001 - 2002 Pole Vaulter - College of the Redwoods
- 2003 - 2006 Unattached athlete - Portland, OR
- 2006 - 2011 Coach - Madison East High School
- 2011 - 2013 Coach - University of Dubuque
- 2014 - present Coach - Madison Memorial
- 2014 - present Coach - Madison Pole Vault Club

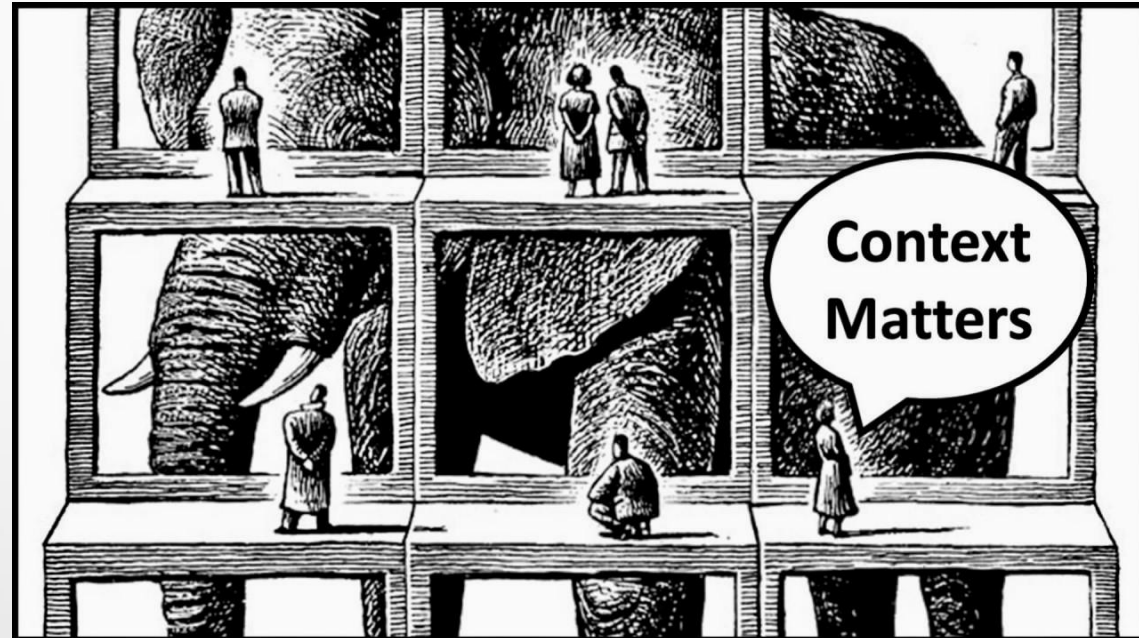
# AGENDA

- Coaching in Context
- Structured Platforms for Beginners
- Progression and Advancement
- Critical Vault Analysis
- Closing thoughts and Q/A

# Coaching in Context

*High school, club, college and elite coaching settings each require a different mindset*

- Athletes
- Time
- Purpose
- Resources



# Finding Your Vaulters

*Every kid deserves a shot!*

- Key Performance Indicators
  - Coordination, Speed, Stature, Fitness, Eagerness, Fearlessness, Focus.
- Awareness for Safety
  - Uncoordinated, slow, fearfulness, lack of focus, distractions.
- Compromises
  - Slow & uncoordinated BUT focused and hard working – a positive team member!!!
- Physical Development
  - Kids growing into their bodies may surprise you



# Beginner Platforms

*Dependent on Time, Availability, Resources*

- Straight vs. Bent Pole
- Rings/Bars/Ropes
- Indoor Pit
- Weight Rule
  - Never enter a vaulter in a meet that can't move a pole at or above their weight



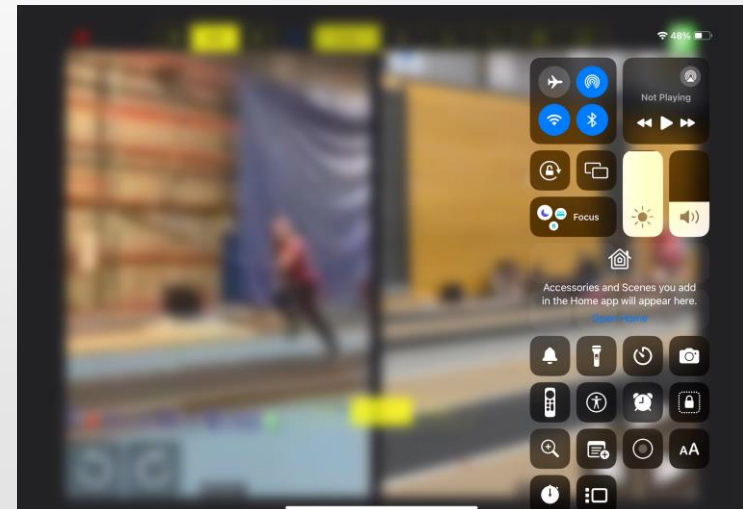
# Beginner Progression - Sprinting

## *Progression of Drills to Build Critical Cues*

- Running without a Pole
- Sprint Mechanics - Foot under
- Agility Ladder, Wickets
- Counting Down



<https://youtu.be/xiYTMBlq8c>



# Beginner Progression – With a Pole

## *Progression of Drills to Build Critical Cues*

- Holding and Marching with a Pole
- Running with a Pole – Carry and Drop, Chasing the tip
- Plant Sequence Drills – Muscle memory, no running with hands over head!
- Teach the proper sequence to “Flow State”

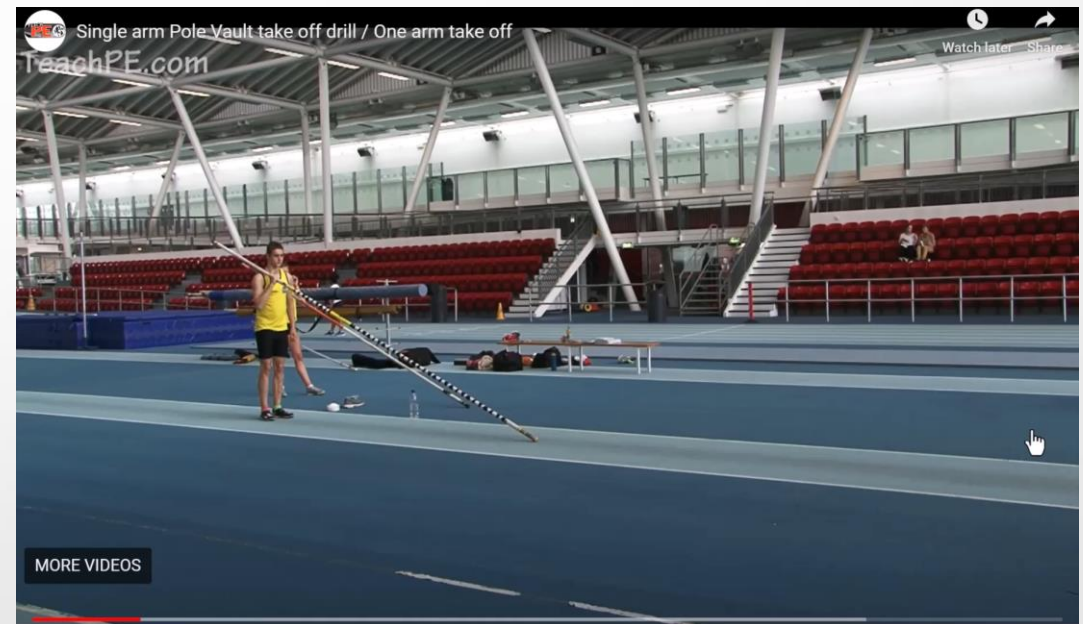




# Beginner Progression – Into the Pit

## *Progression of Drills to Build Critical Cues*

- Hanging from pole with and without bottom arm pressure
- Jump the canal (front buns)
- 2 step into pit (pole down)
- 4 step (2 left) (pole down)
- One arm drills
- One arm with swing



# Beginner Progression – Into the Pit

## *Progression of Drills to Build Critical Cues*

- Run throughs
- 3 left plant for distance
- Introduction to swing
- Rings and bar work
- Introduction to turn
- One arm with swing into turn
- Why getting upside down isn't as important as you think.



# Advancement

*How and when to adjust for safe performance improvement*

- Strength & Conditioning
- When to Add Steps
- When to Raise Grip (Watching Pole Speed)
- When to Introduce a Bungee or a Bar
- Goals – Why to avoid height goals



Vault TELLS—Steve White, Flight Deck Athletics				
What to Change	Vaulter landed...		Pole bent...	
	Too Deep	Too Shallow	Too much	Hardly at all
<b>Pole Change</b>	Move to Stronger pole	Move to Softer pole	Move to Stronger pole	Move to Softer pole
<b>Grip Change</b>	Raise grip	Lower grip	Lower grip	Raise grip
<b>Approach Change</b>	Shorten approach	Lengthen approach	Shorten approach	Lengthen approach
<b>Standard Change</b>	Move Backward	Move Forward	Depends	Depends
<b>IDEAL Result</b>	4' past the box Centered (left-to-right)		90° (or a little more)	

# Advancement Strength and Conditioning

## BODY WEIGHT // LOW RESOURCE/ACCESS PROGRAM

4 Week Meso Cycle // 3 Days Per Week or Rollover // 3 Week Build/1 Week Deload  
\*Foundation level \*total body \*balanced \*to be done with and after run/technical training

SPEED DAY!	Wk 1	Wk 2	Wk 3	Wk 4
Flex/Mobility/Pre-Hab - Warmup				
<a href="#">ANKLE FLOW - VIDEO</a>				
<a href="#">HIP FLOW - VIDEO</a>				
<a href="#">SPINE FLOW - VIDEO</a>				
BW Speed Deep Squat (wide stance) AFAP	2x20	3x20	4x20	3x20
Reverse Speed Lunge to High Knee AFAP	2x15e	3x15e	4x15e	3x15e
Speed Pushups AFAP	2xAMRAP	3xAMRAP	4xAMRAP	3xAMRAP
DB/Milk Jug Speed Rows OR Kip Pullups AFAP	2x20 OR AMRAP	3x20 OR AMRAP	4x20 OR AMRAP	3x20 OR AMRAP
Pushup Plank Mountain Climber Sprint AFAP	2x20	3x20	4x20	3x20
Russian Twists for Speed AFAP	2x20	3x20	4x20	3x20
Feet Elevated (6-12") Glute Raise/Hip Thrust AFAP	2x20	3x20	4x20	3x20
Repeat Ankle, Hip & Spine Flow				
Cobra Stretch to Child's Pose	x10T, 10s each	x10T, 10s each	x10T, 10s each	x10T, 10s each
POWER DAY!	Wk 1	Wk 2	Wk 3	Wk 4
Flex/Mobility/Pre-Hab - Warmup				
<a href="#">4 MINUTE FULL BODY MOB - VIDEO</a>				
<a href="#">WORLD'S GREATEST STRETCH - VIDEO</a>	x10T	x10T	x10T	x10T
<a href="#">SIDE PLANK W/ LEG LIFT - VIDEO</a>	x5-10e	2x5-10e	3x5-10e	3x5-10e
<a href="#">SL DEADLIFT HOLD &amp; ROW - VIDEO</a>	x20e	2x20e	3x20e	3x20e
BW Deep Squat+Tuck Jump+Athletic Land & Hold	2x10	3x10	4x10	3x10
BW Split Squat Jumps w/ Dbl Arm Swing	2x10e	3x10e	4x10e	3x10e
Clap Pushups (traditional or modified)	2xAMRAP	3xAMRAP	4xAMRAP	3xAMRAP
Reverse Elbow Pushups OR Explosive Inverted Rows	2x20	3x20	4x20	3x20
Mule KICKS (all 4s, rock forward & kick to sky)	2x10	3x10	4x10	3x10
Pushup Plank+Alt KICK THRU	2x20T	3x20T	4x20T	3x20T
BW Good Morning + Jump	2x10	3x10	4x10	3x10
Repeat 4 Minute Full Body Mob				
Cobra Stretch to Downward Dog	x10T, 10s each	x10T, 10s each	x10T, 10s each	x10T, 10s each
STRENGTH DAY!	Wk 1	Wk 2	Wk 3	Wk 4
Flex/Mobility/Pre-Hab - Warmup				
<a href="#">5 MINUTE MOBILITY ROUTINE - VIDEO</a>				
<a href="#">YOGA FOR FEET &amp; ANKLES - VIDEO</a>				
<a href="#">Alternating Crossover Squat (step behind)</a>	1x40T	2x40T	3x40T	2x40T
FW Walking Lunge (TALL POSTURE)	1x40T	2x40T	3x40T	2x40T
Pushups or Bench Press	1x20	2x20	3x20	2x20
Superman w/ Iso Hold ALAP or Pullups AMRAP	1xAMRAP	2xAMRAP	3xAMRAP	2xAMRAP
360 Plank - Front/Side/Side/Back	1xAMRAPe	1xAMRAPe	1xAMRAPe	1xAMRAPe
Windshiled Wipers	1xAMRAP	1xAMRAP	1xAMRAP	1xAMRAP
Calf Raises (weighted if possible)	1xAMRAP	2xAMRAP	3xAMRAP	2xAMRAP
Repeat 5 Minute Full Body Mob				
Repeat Yoga for Feet & Ankles				

## TRADITIONAL/OLYMPIC // FULL ACCESS

4 Week Meso Cycle // 3 Days Per Week or Rollover // 3 Week Build/1 Week Deload  
\*Intermediate to advanced level \*total body \*balanced \*must have Olympic lifting guidance/coaching

DO FULL DYNAMIC WARMUP PRIOR TO LIFT OR COMPLETE AFTER VAULTING/RUNNING

### MESO 1

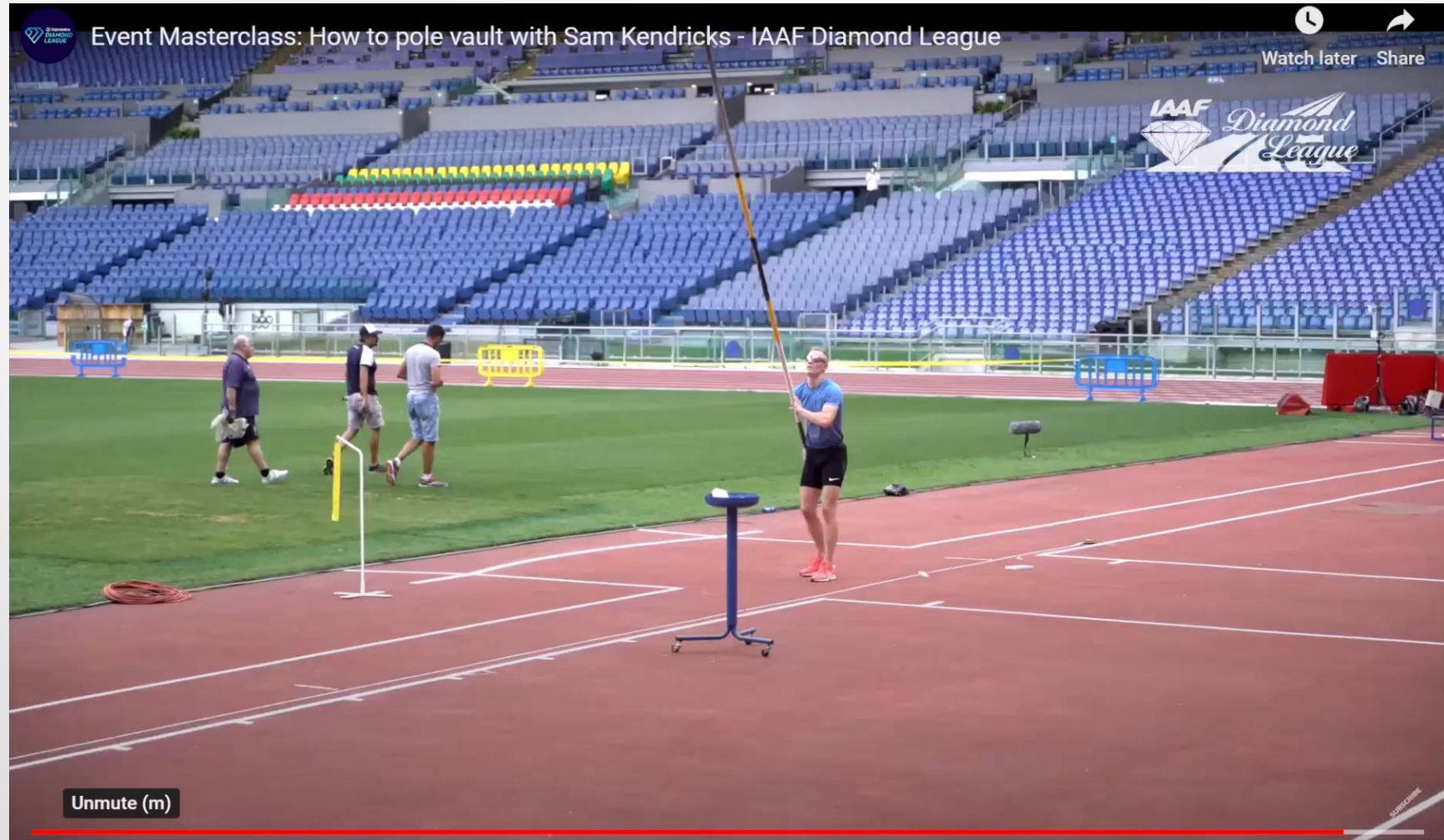
A DAY / TOTAL	Wk1	Wk2	Wk3	Wk4
<b>CLEAN PROGRESSION</b>				
Deep Front Squat Warmup	2x6-8	2x6-8	2x6-8	2x6-8
Clean Grip High Pulls	2x4-6	2x4-6	2x4-6	2x4-6
Shrug to Catch	2x4-6	2x4-6	2x4-6	2x4-6
<b>BB Clean+Front Squat</b>	3x4-6	4x4-6	5x4-6	3x4-6
OH BB Reverse Lunge+High Knee	2-3xAlt WU			
*non-alternating	3x8e	3x8e	4x8e	3x8e
DB Bench Press	3x8-10	3x8-10	4x8-10	3x8-10
BB Row	3x8-10	3x8-10	4x8-10	3x8-10
DB Hip Thrust/Glute Bridge	3x8-10	3x8-10	4x8-10	3x8-10
DBL Kneeling Cable/Band Lif & Chop R/L	2x8-10e	2x8-10e	3x8-10e	2x8-10e
Hip Lifts & Split Leg Hip Lifts	2x8-10	2xAMRAP	3xAMRAP	2x8-10

B DAY / TOTAL	Wk1	Wk2	Wk3	Wk4
<b>SNATCH PROGRESSION</b>				
Snatch Grip Speed Deadlift from Floor Warmup	2x6-8	2x6-8	2x6-8	2x6-8
Snatch Grip High Pulls	2x4-6	2x4-6	2x4-6	2x4-6
Snatch Grip OH Deep Squats	2x4-6	2x4-6	2x4-6	2x4-6
<b>BB Speed Snatch+Front Squat</b>	3x4-6	4x4-6	5x4-6	3x4-6
DB Split Squat (BSS)	2-3x WU			
*front shin vertical	3x8e	3x8e	4x8e	3x8e
DB Incline Bench	3x8-10	3x8-10	4x8-10	3x8-10
Chinups/Weighted if able	3x8-10	3x8-10	4x8-10	3x8-10
GHR Reverse Hypers	3x8-10	3x8-10	4x8-10	3x8-10
Leg Lifts on Bench	2x8-10	2xAMRAP	3xAMRAP	2x8-10

C DAY / TOTAL	Wk1	Wk2	Wk3	Wk4
<b>SPLIT JERK PROGRESSION</b>				
BB OH Press Warmup	2x6-8	2x6-8	2x6-8	2x6-8
Push Jerk to OH Deep Squat	2x4-6	2x4-6	2x4-6	2x4-6
Hands on Hips Dip to Split Alternating	2x8-10T	2x8-10T	2x8-10T	2x8-10T
BB Alt Split Jerk	3x4-6T	4x4-6T	5x4-6T	3x4-6T
DB Box Step Up+High Knee	2-3x WU			
*thigh parallel box height	3x8e	3x8e	4x8e	3x8e
Standing DB OH Press	3x8-10	3x8-10	4x8-10	3x8-10
Plate/Bar Puloovers	3x8-10	3x8-10	4x8-10	3x8-10
DB RDL	3x8-10	3x8-10	4x8-10	3x8-10
BB/Ab Wheel Rollouts	2xAMRAP	2xAMRAP	3xAMRAP	2xAMRAP

# Vault Analysis

## *Identifying Critical-to-Performance Cues*



# Without Context, Structure, and Progression





Thank you!!!

Question/Answer