


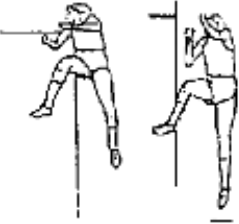
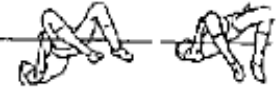
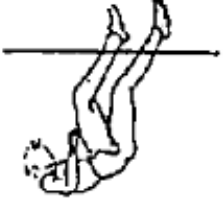


HIGH JUMP

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

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

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.