“Building A Freshmen Pole Vaulter”

(Session two)

Wayne Christensen: Rainier High School

1. Running with the pole-
2. Getting more comfortable (reps.)-
3. Core strength and arm strength-
4. Speed work/ You’re a sprinter-
5. Work on improving the A-B-C drill (Things to add)-
6. Knee drive (A drill/grass and sand drills)-
7. Swing drills (Ropes, bar, and B drill)-
8. Where are the legs (C drills, bars, and rope drills)-
9. Where are the hips (drive hips to pole and up)-
10. The turn (pole turns) Ground and in the pool
11. Charlotte Brown you want (Motivation)