

## Winter Pole Vault Drills

**Pole runs** – Incorporate pole runs into the “4x40m @ 95%” and the “1600m ins and outs\*\*.” If you use a pole for the 4x40s, you should do a 7 step, then continue running through the 40 meter mark with your plant up. If you use a pole for the 1600, you should fit two 7-steps into each straightaway. Only do the first two laps of the 1600 with a pole. Below are the skills to focus on in this drill. **Choose one skill each day to focus on.**

1. Choose a long pole and put a tennis ball on the end. Use a pole that is one foot longer than your normal “big pole,” and hold at the top of the tape.
2. Run 7 seven strides. Count down from seven on each left.
3. Start your run with slightly “boundy” strides, and build to full speed by the time you plant.
4. Keep your arms stable as you run. Try not to pump with your arms.
5. Gradually raise your arms throughout the run so that your arms are straight before you plant.
6. It is optional to jump on “one.” If you have shin problems, just continue running through the plant.
7. After the plant, keep your momentum and run for a few more strides before you gradually slow down. Do not slow down immediately after your plant.

\*\*If the long poles get in the way of other runners, use the cut poles we have in the pole closet. This will still allow you to isolate your arms.

**High Bar** – Add high bar drills to your cool down **every day**. Below is the progression from tuck ups to pullovers and bubkas. Do at least 10 each day.

1. Tuck ups - Hang with your arms straight. Tuck your knees to your chest.
2. L position - Hang with your arms straight. Lift your legs to an “L” position.
3. Toe touch - Hang with your arms straight and your legs in plant position (knee drive and trail leg). Use your trail leg to swing both feet up to the bar. Keep your arms straight the whole time.
4. Swing ups - Same as #3, but use your trail leg to get your hips up to the bar. Keep your arms straight. Ask a teammate to give you a boost by pushing straight up on your lower back as you swing up.
5. Pull overs - Same as #4 but once your hips are at the bar, bend at the hips to hook your legs over the bar. Now you can pull with your arms to get the rest of the way over.
6. Assisted Bubkas – Swing one leg through your arms so that you are upside down and one knee is in line with the bar. Keep your arms straight, and use your core to straighten your body so your hips are at the bar. Go up and down as many times as you can. As you get stronger, try lowering past your knee, or keep your legs closer together.
7. Bubkas – Start with a swing up (#4). Slowly lower your hips so that your knees are at the bar, then use your core to raise your hips up again. As you get stronger, lower past your knees. Keep your arms straight at all times.

**Gymnastic Drills** – Add gymnastic drills to your cool down **every day**. Below are some guidelines. Choose one or two to do each day. Only do the varieties you already know.

1. Free handstands – Do regular handstands on a mat or on the grass.
2. Wall handstands – Squat in front of a wall, facing away from the wall. Place your hands in front of you, keeping your middle fingers pointing straight ahead. Slowly walk your feet up the wall, keeping your core engaged. Once your legs are fully extended, remain in that position for at least 10 seconds. As you get stronger and more comfortable, you can walk your hands closer to the wall.
3. Back extension roll – On a mat, do a backward roll and land on your feet. Use your hands as you roll to protect your neck. As you get stronger and more comfortable, use your hands as you roll to push your body into a push up position as you land. Eventually, push yourself into a handstand before you land.
4. Candlesticks – Start in a seated position with your feet straight in front of you. Roll back onto your shoulders and shoot your feet and hips up above your shoulders. Either use your hand under your hips to help yourself up, or keep your arms straight above your head.

**Slide Box** – This is optional. If you know how to do slide box already, do it if you have time and space. Hold at the top of at least a 12 or 13 foot pole – the longer the pole, the easier it is to push the box. Use no more than a 3 step, and start with your pole tip low (almost at horizontal). Like with the pole runs, continue to push even after you plant. See how far you can push the box with your momentum.