

High Jump for the HS Athlete





AGENDA

Introduction

Warm-ups

LJ Breakdown

Coaches Eye

Staying on Track

Sourcing

Questions



TJ Lawson

IMG Academy
Technical Director-
Combined Events
Coach

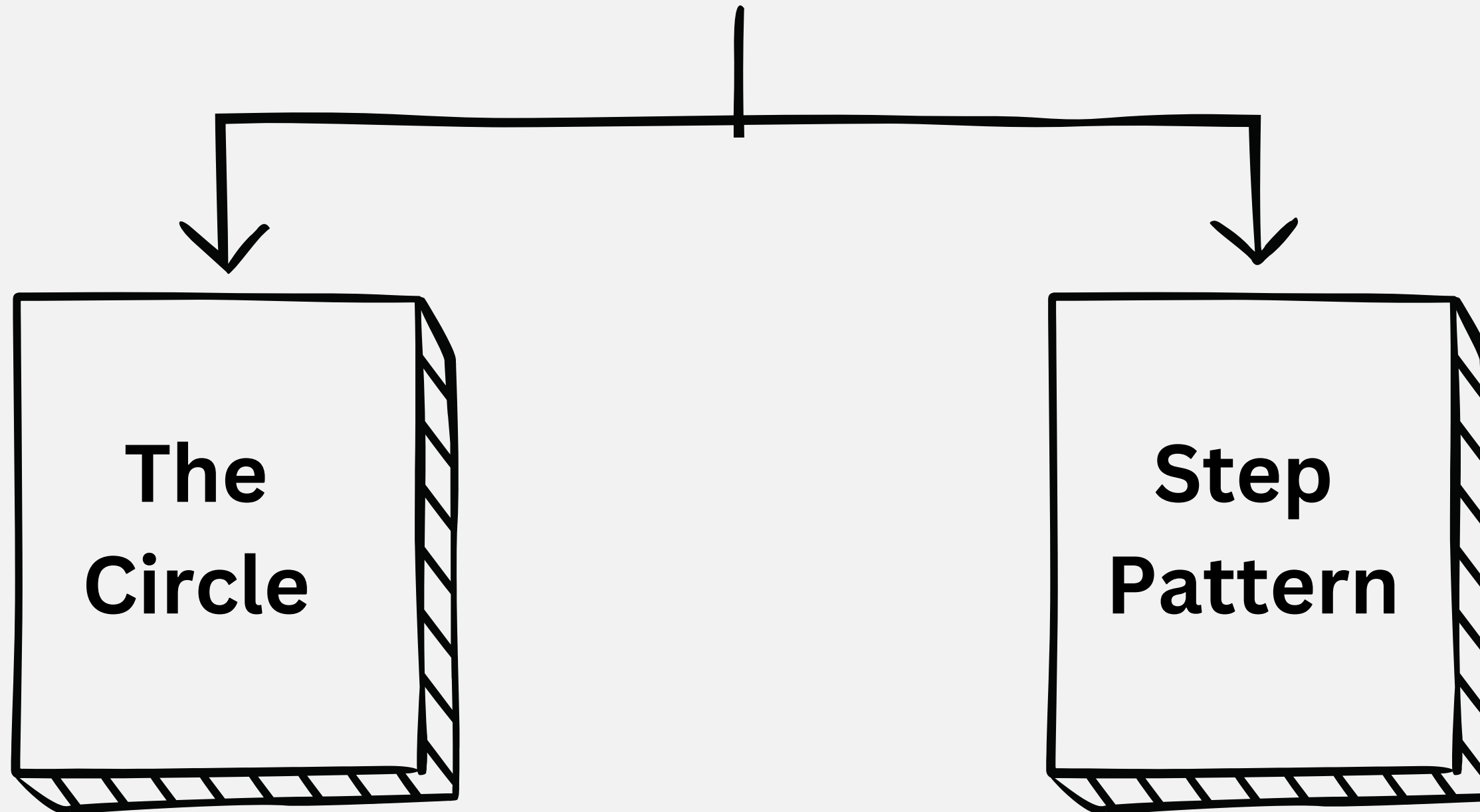
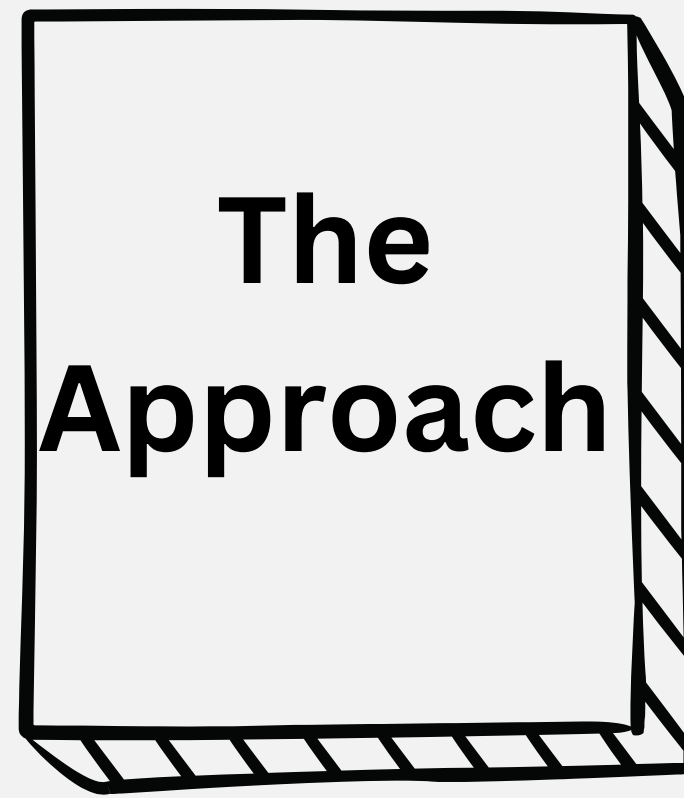


The Approach

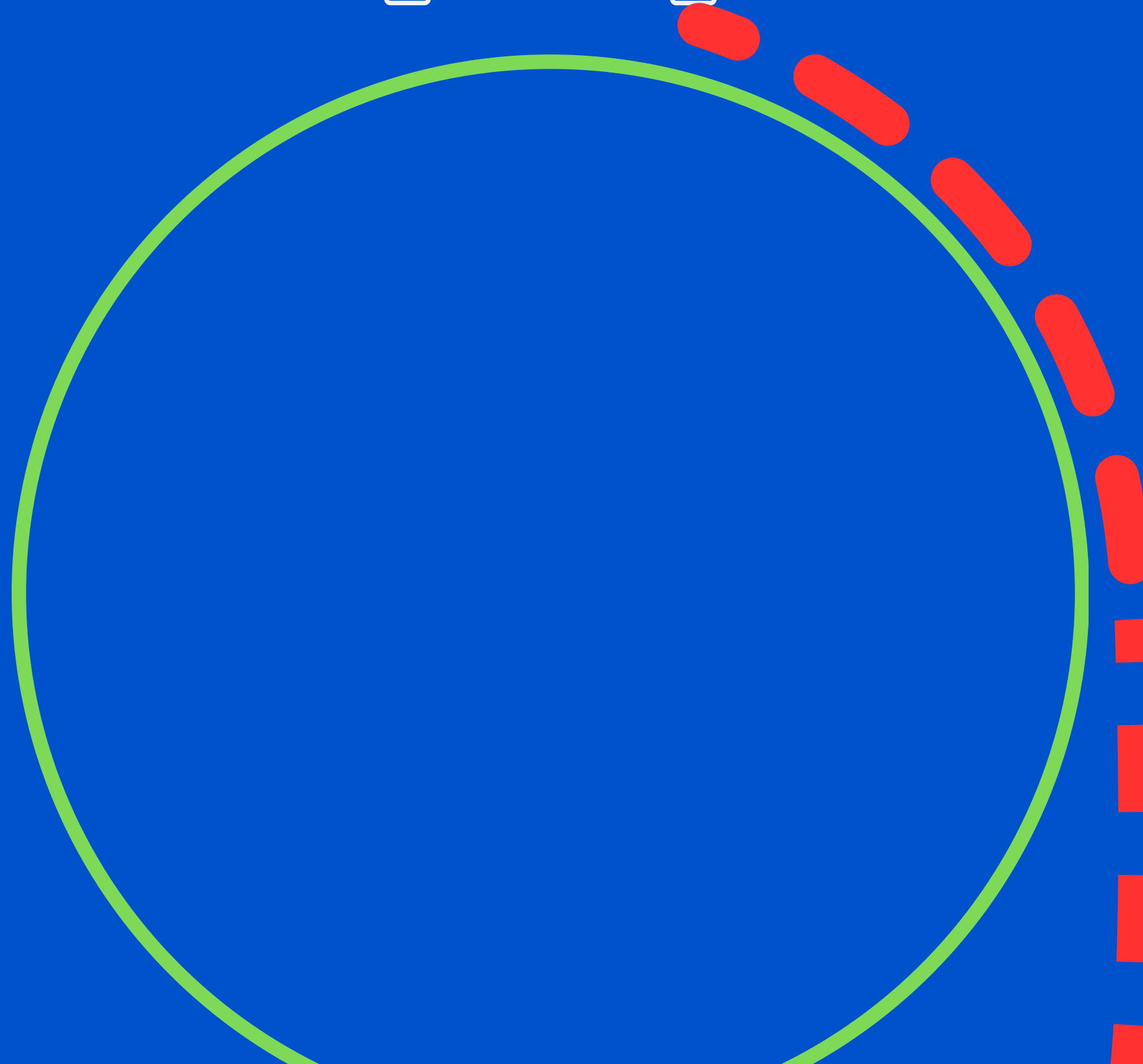
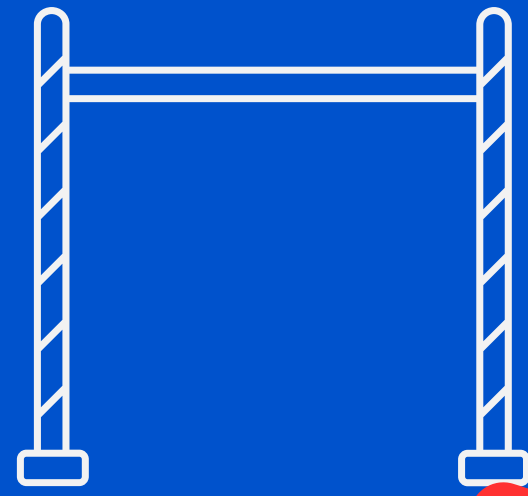
The Takeoff

Over-Bar

High Jump



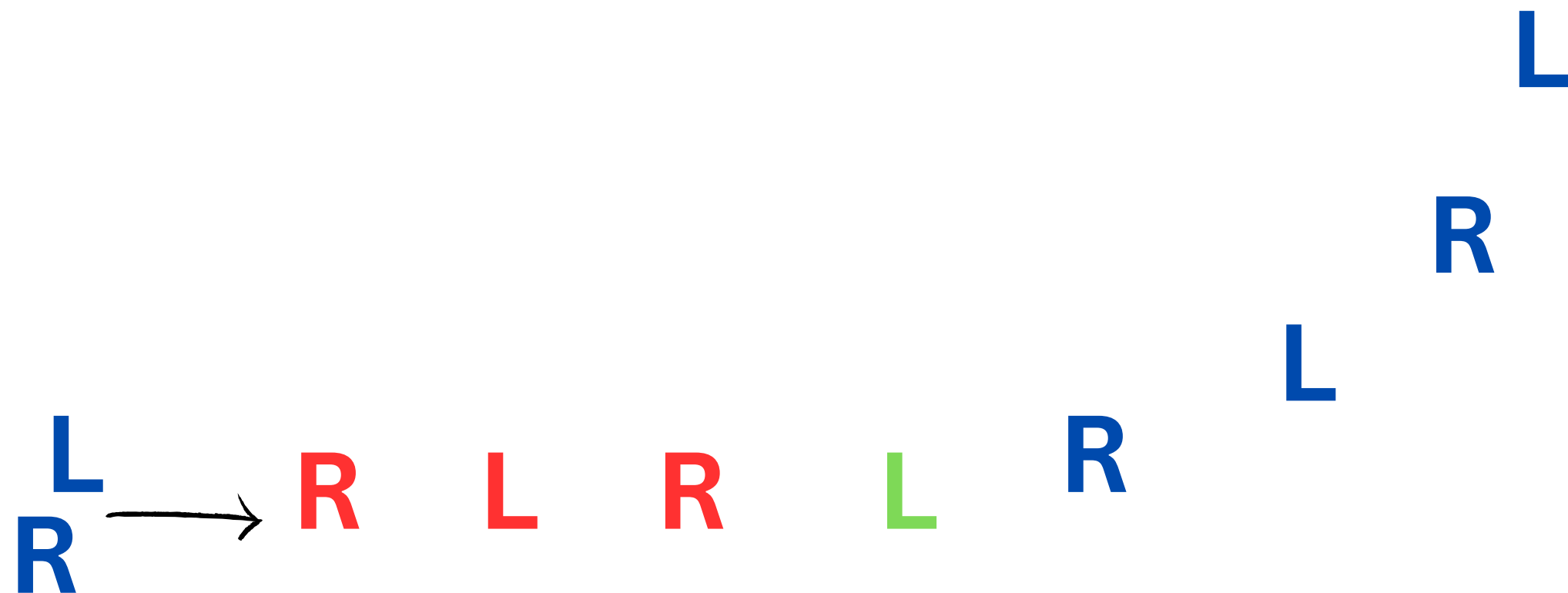
The Circle



Step Pattern

*4 Stride (8 Step), Left foot Jumper

ALWAYS turn up on the JUMPING foot




```
graph TD; A[The Takeoff] --> B[Angles]; A --> C[Drive Knee];
```

**The
Takeoff**

Angles

**Drive
Knee**

Angles and Drive Knee

Hold the curve through takeoff

USA Map coaching cue




```
graph TD; A[Over Bar] --> B[Knee Matching]; A --> C[The shoulders];
```

**Over
Bar**

**Knee
Matching**

**The
shoulders**

DRILLS VIDEOS

QUESTIONS???