

Course Details



Coaching Pole Vault

<http://nfhslearn.com/courses/40000>

This course has been designed to help both coaches and athletes. Coaches will learn to develop and teach the introductory skills of pole vaulting to your students. After completing this course each participant will have a better understanding of the fundamentals of pole vaulting, as well as the best practices and techniques that will help educate and promote safety in the sport.

Course Outline

- [1. Course Introduction \(2 Sections \)](#)
 - Welcome and Introduction
 - Learning Objectives
- [2. Starting a Beginner \(7 Sections \)](#)
 - Unit Introduction
 - Standing Grip Height
 - Positions of Hand on Pole
 - Balanced Pole Carry
 - Working With Straight Pole
 - Pop Quiz
 - Fun Fact!
- [3. Basic Laws of Physics \(7 Sections \)](#)
 - Unit Learning Objectives
 - Unit Introduction
 - Focus Through The Top Arm
 - Keep Head and Eyes Up
 - Jump Off The Ground
 - Putting it All Together
 - Fun Fact!
- [4. Drills & Coaching Techniques \(4 Sections \)](#)
 - Unit Introduction
 - Unit Learning Objectives
 - Drill Progressions & Coaching Techniques
 - NFHS Rules
- [5. Problem Solving \(1 Sections \)](#)
 - Resources Reminder
- [6. Equipment & Facility \(5 Sections \)](#)
 - Unit Introduction
 - Learning Objectives
 - Zero Point
 - Standard Base Pads
 - Preferred Landing Zone
- [7. Interactive Exercise \(1 Sections \)](#)
 - The Science Involved
- [8. Conclusion \(2 Sections \)](#)