

Introduction

The take-off is the key component in the high jump. The take-off foot is the one furthest from the bar. The combined movements of the arms and free knee together help produce the force through the driving leg.

There are two main types of jumps:

- Scissor Jump - Fosbury Flop.

The Fosbury Flop is the more popular technique in which the athlete does a backward rotation during flight. The Fosbury Flop must only be taught onto a commercially manufactured high jump bed. The scissor jump is a more basic jump in which the athlete lifts legs sequentially over the bar, remaining facing the same direction. The scissor jump prepares the student for the most effective take-off position and should be mastered before progressing to the Fosbury Flop. Regardless of the jumping style, all jumps must be taken from one foot only.

Please note that all of the guidance to follow will use a left footed take-off, with an approach from the right side of the landing area.

Overall, natural jumping ability and movements should be the basis for establishing sound technique. Detailed below are some teaching tips you can use to help your students improve on their different jumping techniques.

How to: Scissor Style — Three-Stride Approach



Establishing approach

Run back three paces from the take-off point at a 45° angle from the bed.

Approach run

For a left foot take-off run towards the bed, starting with the left foot and taking three steps. On the second step swing both arms back. Take the third step on to the left foot and forcefully swing both arms above the shoulders. A double arm "skip" is one method. Some students prefer to take the opposite arm to leg back.

Teaching tips

Keep the head up and upper body upright.

Take-off

Lift the right leg or the one closest to the bar, up and over the bar. The left leg follows to complete the scissor jump.

Teaching tips

Emphasise driving the knee of the right leg. The upper leg will be parallel to the ground.

Landing

Landing is on the feet.

'How to' (cont.)

Scissor Style — Seven-Stride Approach



Establishing approach

Stand parallel to and an arm's length away from the crossbar, and a quarter of the bar's length from the right standard. Take seven steps away from this point on a 45° angle to the right of the bar.

Approach run

Face the bar. Take the first step with the left foot, run on a gentle curve to the bar, and accelerate with every step.

Teaching tips

Keep the head up and upper body upright.

Take-off

Plant the left foot on the seventh step at the take-off spot. Jump into the air. Lift the right leg or the one closest to the bar, up and over the bar. The left leg follows to complete the scissor action.

Teaching tips

Emphasise driving the knee of the right leg.
Keep the arms and legs up with head held straight.

Landing

Landing is on the feet.

High Jump

'How to' (cont.)

Fosbury Flop



Approach run

The approach run takes a J shaped path between 5-10 strides with the last 3-5 on a curve.

Teaching tips

Emphasise a tall posture and active arms in the run-up with the cue of 'feet in front' rhythm rather than maximum speed is best.

Take-off

The angle of the last stride should be around 30° with the body erect and the foot out in front. This gives the appearance of a backward lean.

The drive knee should block so the thigh is horizontal with any arm action working to the same timing.

Teaching tips

You should be looking for a straight line from toe to ankle to knee to hip to shoulder.

A daa, da, da rhythm over the last three steps will assist the jumper in preparing effectively for the action of take-off. Emphasise the hips being promoted forwards.

Flight

Hips should be forward to promote an arch over the bar. Clearance should occur over the middle of the bar.

Teaching tips

Jumpers will either have knees apart or together naturally. The head if dropped back, should then move so the chin is at the chest when the legs need to clear the bar.

Landing

Preferably on the upper back and back of shoulders.

Teaching tips

The body position should be square to the bar.