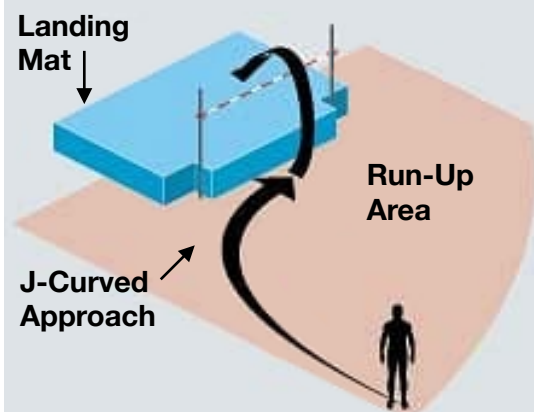


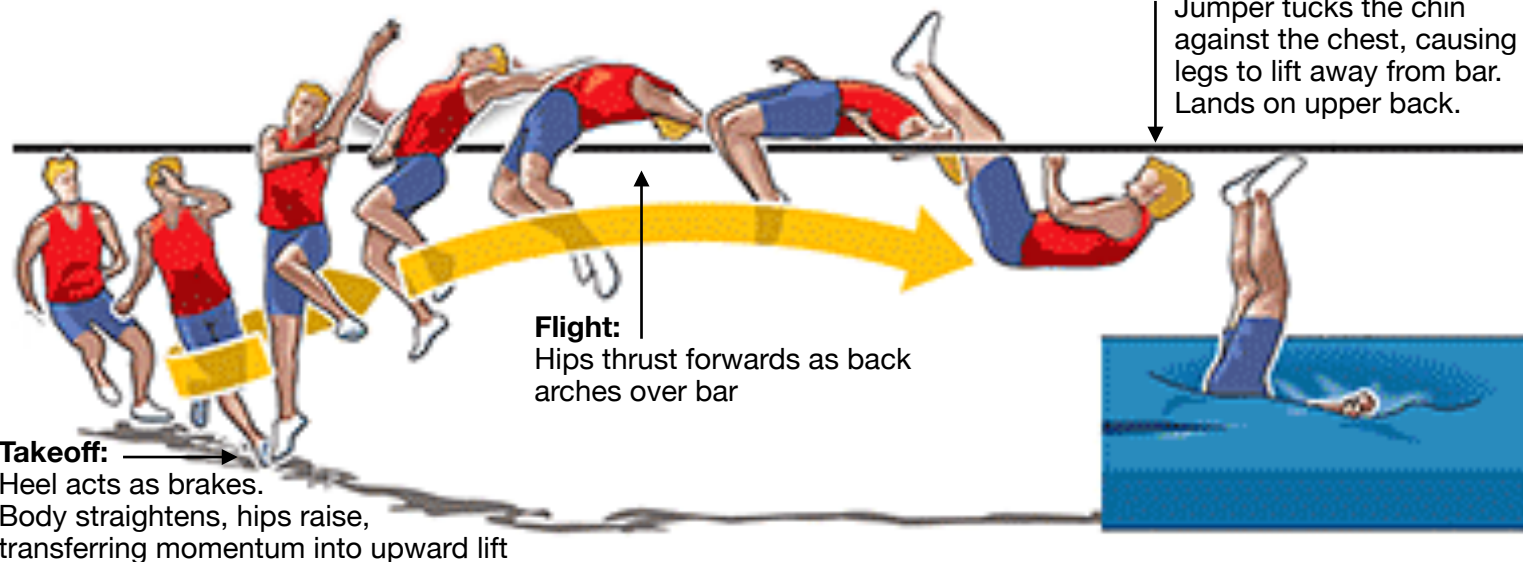
Jumping | High Jump

The goal of the high jump is to leap off one foot and clear a crossbar. Each jumper gets three attempts. Once all competitors have either made it or missed it three times, the bar is raised an inch or two. This process is continued until the last jumper misses three times.

- ◆ **Approach:** Jumpers use a 10-step J-curve approach. The first 5 strides are meant to build speed. The final 5 strides of the run-up are curved to build centrifugal force.
- ◆ **Takeoff:** The takeoff position should establish a flight path that puts the jumper over the middle of the bar for a safe landing in the pit. **Caution: the takeoff spot should NEVER be at the middle of the crossbar because the flight path will end too close to the far edge of the landing surface.**
- ◆ **Jump:** At the takeoff point, jumpers should drive their inside leg up aggressively past the hips and thrust their inside arm upwards. Athletes do not need to point their back to towards the crossbar because this rotation will happen naturally.
- ◆ **Landing:** As the hips cross the bar, the jumper tucks the chin against the chest, causing the lower legs to lift up and out of the way of the crossbar. This should cause the athlete to land on the upper back or shoulders.



The Fosbury Flop was pioneered by U.S. Athlete Dick Fosbury in 1968. It has been used by all the top jumpers since 1978.



World Records in the High Jump

Division	Height	Name	Division	Height	Name
Women	6' 10"	Stefka Kostandiniva	Men	6' 10.75"	Javier Sotomayor
Girls 9-10	4' 11"	Victoria Plummer	Boys 9-10	5' 1.25"	Sean Lee
Girls 11-12	5' 6.5"	Stacey Destin	Boys 11-12	5' 9.25"	Matthew Green
Girls 13-14	5' 7.25"	Sondra Bierce	Boys 13-14	6' 4.25"	Grayson Galloway

How to Practice At Home

Helpful Drills

Somersaults

- ◆ The high jump landing creates a rounded spine position, which requires loose back muscles. Somersaults are a great way to loosen these muscles!
- ◆ Get creative practicing a variety of somersaults: roll forwards, backwards and over the shoulder.
- ◆ Have fun with it!

High Skip

- ◆ Practice skipping off your jump leg.
- ◆ Drive your other knee into the air and reach for the sky.
- ◆ Remember: if you jump off your left leg, you will drive your right knee and right arm into the air.

“J” Curve

- ◆ Draw a big “J” shape on the the ground or use cones to mark. Place an “X” at the end of the line.
- ◆ If you jump off your left foot, the “J” curves to the left as you approach. If you jump off your right foot it curves to the right.
- ◆ To measure your approach, start with your jump foot on the “X.” Run along the “J” and mark where your 10th step lands.
- ◆ Practice taking your 10-step run up and jump into the air off the correct leg on the “X”.
- ◆ Be sure to lean into the curve and reach over your head as you jump.