



Improve your high jump instantly with this cheat sheet.

If you are new or in the beginning phase of learning the high jump, you will have a lot of potential to improve. We have put together this cheat sheet to help you improve your high jump performance ideally on the same day.

If you want to improve substantially, you need to train. At the bottom of this cheat sheet, you will have links to training guides that you can also purchase to help you improve further in the high jump. Additionally, there will also be links to equipment and merchandise that can help you improve further as well.

1st Tip - Your goal is to execute at least 8 perfect jumps in the competition.

Warm up your body.

Do a warm-up jog for 10 minutes.

Stretch the following muscle areas to improve your range of motion and flexibility.

- Abdominals
- Back arch
- Hamstring stretch
- Quadricep stretch
- Hip flexor stretch
- Glute stretch



- Calf stretch

Warm-up drills

- Warm up with 50 skips with the skipping rope. This will improve your reaction time off the ground.
- Do 3 x 8 bounding and 3 x 8 hops on each leg.
- 5 x knee jumps. This will help you improve your knee drive and the power through your hips.
- Do 8 reps of arching jumps on the high jump mat. Aim for a maximum arch by looking at the back corner of the mat and then bringing your chin to your chest to complete the jump.

Run-up

- Always have a measured runup.
- Mark your take-off point
- Mark your turning point
- Conduct 10-15 run-up practices and ensure that you hit the perfect take-off mark. Make sure that you hold your form. This is critical for jumping higher.

Pre-competition practice.

- Warm up with 5 scissor jump attempts. Focus on holding the knee so it is above the bar before you complete the jump.
- Do 5 run-throughs without the bar and
- Do two warm up run-throughs before executing your jump.



Tip 2 - Don't waste your effort on unnecessary jumps.

For example, if the bar starts going up in increments of 3cm and the bar is low compared to your personal best, jump at strategic heights. I.e. Your personal best is 1.80m. The bar starts at 1.50m. You want to only jump to keep your body warm. You will really want to start jumping at 1.65m or 1.70m. This will give you 3 attempts to perfect your jumping technique before you reach your personal best height. It will also give you at least 5 more attempts to break your personal best.

Use this calculation.

Your personal best - 3 attempts of 3 different heights = Ideal starting height.

Mental notes

- Stay tall
- Keep your runup rhythm
- Hold your curve (let the centripetal force make you jump higher)
- Hold your knee drive so it goes above the bar.
- Maximise your arch to clear the jump

Training resources that you should also consider.

[7-day training guide](#)

[High jump training drills ebook.](#)

[High jump spikes & training equipment](#)