



Other tips.

Hydration

In order for your muscles to perform at an optimum level, they need to be completely hydrated.

Ensure that you drink up to 8L of water a day to keep your body completely hydrated throughout the season.

In the 2 days leading up to the competition, ensure that you keep on drinking water every hour.

When you urinate, your urine should appear clear, meaning that your body is free of toxins and is completely hydrated. If you notice more colour in your urine, take in more water.

What are your high jumping goals?

You want to execute a jump that will allow you to get the maximum height over the bar whilst clearing the bar. This is your sole objective.

Your high jump runup will be less than 30m. You need to ensure that you can generate enough speed and explosive power to set you up for the perfect take-off. You then need to manage your body's mechanics as you jump over the bar.



There are different phases of the high jump that you must master in order to execute the perfect jump.

- Starting the runup.
- Acceleration phase
- Body positioning phase
- Running the curve
- High jump take off
- Knee drive
- Arch over the bar
- Heel flick over the bar.

The drills in this book will help you improve the different phases of the high jump. You will eventually put all of the phases together so that you will be able to maximise the height that you jump.

Starting the runup.

There are two approaches that high jumpers use. There's the standing start and there is the rolling start to the runup. It's highly recommended that you opt for a standing start since the rolling start can cause inconsistency with your runup. This could see the athlete not starting on their right mark (such as overstepping the mark).



Practice the start of your runup so that you consistently take off from the same mark and build into the acceleration phase.

Acceleration phase

The acceleration phase in the high jump is the first few steps that will allow you to generate the horizontal speed that you will transform into vertical power. It is important to generate quick speed, however the speed needs to be controlled as you run your curve.

Usually, the athlete will have at most 7 steps to accelerate to the top speed. Therefore, the athlete must train their body to reach top speed in the acceleration phase of the high jump.

Acceleration drills.

20m acceleration sprints

The aim is to increase your acceleration as quickly as possible. You aren't looking for quick leg speed like a sprinter. You want to execute power so that your body will reach the maximum velocity by the time you hit your mark in the high jump.

20m bounding for acceleration and distance.

To increase your power, you need to increase your explosiveness. Do repetitions of 8-10 bounds and aim for the maximum distance, whilst accelerating off each bound so that you have a quick reaction time off the ground. Do this for 3 sets.