

## Teaching the Pole Vault Approach

---

---

---

---

---

---

---

---

## Approach Phase Distribution

- Phases
  - Drive Phase
  - Continuation Phase
  - Transition Phase
- Phase Modes
  - Pushing the Pole
  - Carrying the Pole
  - Dropping the Pole

---

---

---

---

---


---

---

---

## Checkmark Systems

- Checkmark Systems
- The Starting Mark
- The Coaching Checkmark
- Mark Location
- Displacement



---

---

---

---

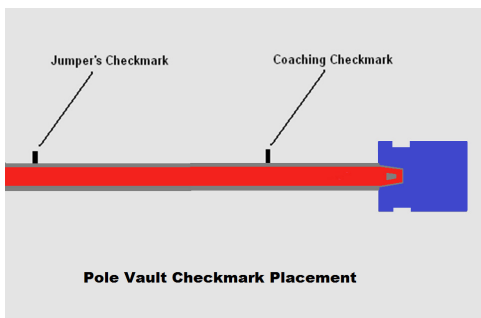
---

---

---

---

### Checkmark Systems



---

---

---

---

---

---

---

---

### Visual Tracking Patterns

- Facilitating Steering
- Visual Focus Patterns

---

---

---

---

---

---

---

---

### The Start

- Modifications in the Start
- Compromises in the Start

---

---

---

---

---

---

---

---



---

---

---

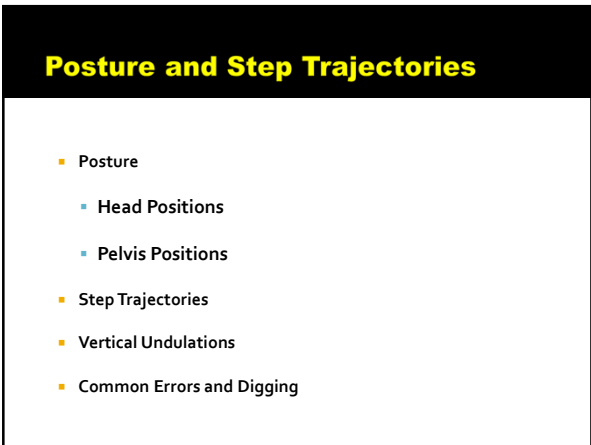
---

---

---

---

---



---

---

---

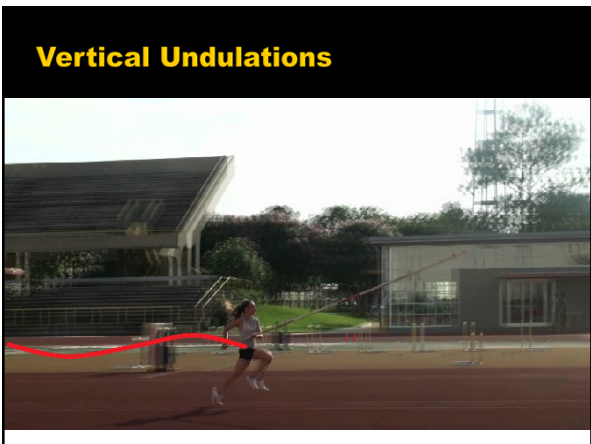
---

---

---

---

---



---

---

---

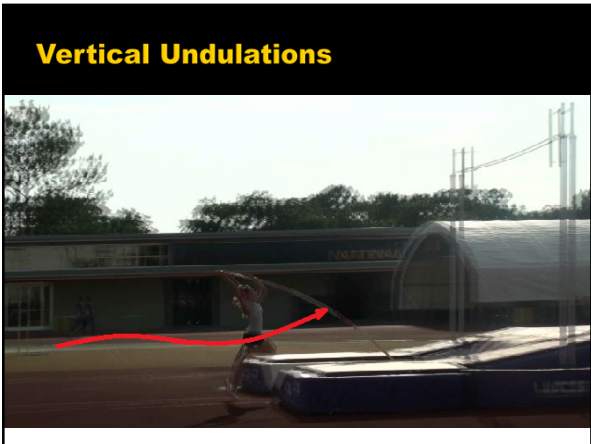
---

---

---

---

---



---

---

---

---

---

---

---

---



---

---

---

---

---

---

---

---

### The Pole Carry

- The Pole Grip
- The Pre-Carry Position
- The Pole Carry

---

---

---

---

---

---

---

---



---

---

---

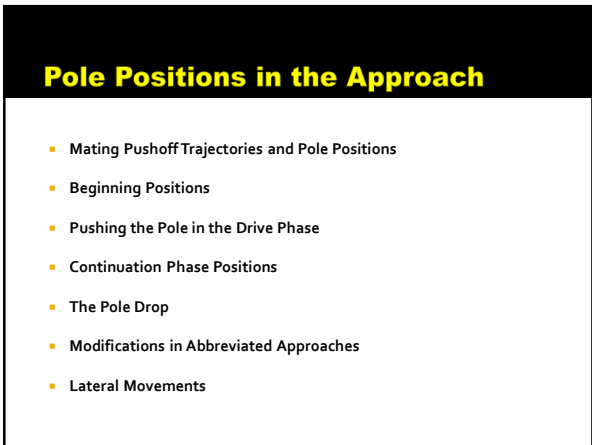
---

---

---

---

---



---

---

---

---

---

---

---

---



---

---

---

---

---

---

---

---

**SAC**   
Schexnayder Athletic Consulting

---

**www.sacspeed.com**  
**bschex@sacspeed.com**

---

---

---

---

---

---

---

---