

HIGH JUMP

APPROACH



J-APPROACH



STEP-BY-STEP OF HIGH JUMP



- The approach must be at a controlled speed.
- During the approach the trunk must be upright and the head held high.
- Make the last stride fast.
- Gain vertical lift at take-off.
- Drive the shoulder and arms upward at take-off.
- Drop the head and lift the hips over the bar.
- Go for maximum lift before rotation.
- Lift and then straighten the legs rapidly as soon as the hips have cleared the bar.

The high jump technique is divided into the following phases;

- approach,
- take-off,
- bar clearance
- landing.

Off the four stages, the take-off is the most important.



Landing

Bar clearance

Take off

Approach