

Field Events - High Jump: Dollar Drill for the High Jump Drape

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Beginners to the flop high jump technique often feel disoriented when they're in the air. This confusion — a result of flying backwards and face-up over a bar, can lead them to do the worst thing possible— lift their head to see where the bar is.

This causes the backside to drop so it smacks into the bar. Or if performed later in the technique, it may cause the jumper to land on their back instead.

Money Cue

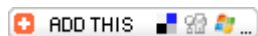
Here's a coaching tip to ensure that your jumpers keep their head back for a good drape over the bar.

Place a toonie (for Canadian coaches) or other coin on the middle of the end mat and instruct your high jumpers to keep their closest (lead) hand as they cross the bar.

This will force your jumper to keep the head back and the hips up for a longer drape over the bar. It gets the lead hand down onto the mat. And finally, it produces a visual cue for jumpers, improving their spatial awareness over the bar.

Reference: Peter Brewer, "High jump: Developing an awareness of the arch." Coaches Education website, Fall 2018.

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