



Where the Elite come to train

Beginners Pole Vault Day Clinic 2005-2006

Introductions

Pole Vault Safety

Pole Vault Teaching Progression.

Grass Drills

Sand Drills

Plant Drills

Takeoff Drills

Developing The Run

Short Run Vaulting Session1

Lunch

Vaulting Session 2

Clinic Recap

DRAFT



Document In Progress
Please Check Back For
Completed Information

12/14/2005
Elite Vaulter Sports
Complex Staff