

Slide 1



**MINNESOTA STATE UNIVERSITY  
MAVERICKS**

*High Jump: Essentials for a  
Consistent Approach*

JIM DILLING

---

---

---

---

---

---

---

---

---

---


Slide 2

Thank you to the following individuals for their guidance:

- Joe Sagen – Fond du Lac High School
- Mark Schuck – Minnesota State University
- Lyndon McDowell – Minnesota State University
- Phil Lundin – St. Olaf / University of Minnesota
- Cliff Rovello – Kansas State University
- Jeremy Fisher – Olympic Training Center
- Dave Kerin – USAF High Performance Division
- Jesus Dapena – Biomechanist, Indiana University

*Personal Mentors within the sport:*

- Matt Hemmingway
- Tom Pappas
- Jamie Nieto
- Jesse Williams



---

---

---

---

---

---

---

---

---

---

Slide 3

**THE APPROACH**

- **"The approach is the most important aspect in establishing a consistent and reliable technique"**
- **"Our goal is to run technically correct in a tight curve allowing for optimal lean and necessitating great speed to maintain pressure against the ground"**

– Cliff Rovello –  
High Jump Approach Development



---

---

---

---

---

---

---

---

---

---

Slide 4

**OVERVIEW**

- Importance of the Approach
- Goals of the Approach
- Traditional 10 Step Approach
- Parameters of the Approach
- Approach Layout
- Approach Data
- Running Mechanics: Straight vs. Curved
- Athlete Capabilities
- Drills / Progressions
- Considerations



---

---

---

---

---

---

---



---

---



---

Slide 5

**WHY DO WE RUN A CURVE?  
To Create Lean...**



© Jesus Dopazo • Biomechanics Laboratory



- The curved approach allows for:
  - Lowering Center of Mass
  - Facilitates Rotations
- Lean helps the high jumper stay away from the bar upon takeoff

---

---

---

---

---

---

---

---

---

---

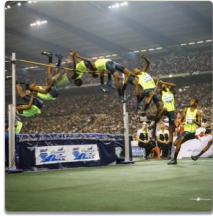
Slide 6

**FACTORS**

- The SPEED of the hips at takeoff
- The HEIGHT of the hips at takeoff
- The ANGLE of the hips at takeoff

• The SPEED of the hips at takeoff is the most important factor in all of the jumping events.

• Putting the athlete in the best possible position to jump at their best



© Jacalby, Ed and Bob Praloy, Complete Book of Jumps Human Kinetics, 1995

---

---

---

---

---

---

---

---

---

---











