Teaching Progressions for Approach Skills
Wall Drill
Resisted Runs
Stadium Runs
Approach Assembly in the Horizontal Jumps
Approach Assembly in the Pole Vault
Approach Assembly in the High Jump
Laying Out the Approach
Approach Assembly in the High Jump
Serpentine Runs
Semicircle Runs
Teaching Progressions for Preparation and Takeoff
Progressions for Generic Preparation and Takeoff Mechanics
High Jump Adaptations – Power Skips
High Jump Adaptations – Run-Run-Jump
High Jump Adaptations – Remedial Takeoffs
Pole Vault Adaptations – Walking and Jogging Plant Exercises
Pole Vault Adaptations- Sand Vaulting
Pole Vault Adaptations - Straight Pole Drills
Progressions for Jumping and Bounding Skills
Remedial Horizontal Bounds
Intermediate Horizontal Bounds
Remedial Vertical Bounds
Advanced Horizontal Bounds
Triple Jump Adaptations – Teaching the Takeoff from the Board
Progressions for the Horizontal Jump Landing
Landing Teaching Progression