



101 High Jump Drills

Cliff Rovelto, Gwen Wentland

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Whether you are a high school or college-level coach, parent-coach, or trainer, the information provided in this Revised Edition of 101 High Jump Drills will enhance your training program and provide results. The drills and exercises contained in this book have yielded proven results and have been utilized by many national champions and Olympians. The drills are presented in an easy-to-follow format that allows the reader to find drills pertinent to specific developmental phases of the high jump event. The types of drills include: warm-up, approach, takeoff mechanism, bar clearance, special strength and weight exercises, polymeric exercises, and drills with hurdles and balance apparatus.

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