



Forward rotation & coming out of lean, along with a low entry into the plant, results in a more vertical takeoff, less travel along the bar & a higher jump landing deeper in the pit

Come on to the plant foot outside edge / heel first (if in HJ shoe)  
Center of Mass is low from the penultimate and posture is inward leaning. The hips are ahead of the shoulders

Each step gets more important. Along with inward lean from running the curve, the hips need to lead the shoulders into the plant foot. Lower onto the Penultimate step with a full foot contact and maintain body lean.

**RUNNING THE CURVE CORRECTLY ISNT COMFORTABLE**  
Cues: "Run Tall" and "Push out against the curve"

Too late to try and accelerate now. If they try to, they stand up and lose the lean form proper curve running.  
Big outside arm actions and lesser inside arm actions just like on an indoor track race.

Start the curve on #5 with a slight toe-in of the foot. They need to be upright to enter the curve.

4 good pushes from the start.  
Cue: "Push,Push,Push,Push"  
Similar to sprint mechanics at the start thru first 4 steps. Stride length grows as a result of acceleration gained from bigger pushes. Be careful not to mimic the "style" of some elite athlete's runs.

Starting left foot forward, a 10 step run begins with the right foot as #1

