



## Hunterdon Central Track and Field

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### Pole Vault Drill Workouts

- Team warm up/ stretch
- Event warm up: 10 pushups/ 15 crunches/ 10 reverse pushups/ 2 plank cycles (10 seconds each)
- Backward rock to hand stand w/ bungee
- Spring board bounding drills, land on large mat, w/ stubbys (x5)
- Standing grip++ drill
- Form pole runs, 5 lefts (x10)
- Petrov wall drill w/ bend
- Pole bend/ form drive drill
- Pull turn drill off wall w/ pole (3 partners)
- Kneeling pole extensions against wall
- Turn over drill w/ stiff pole, land on large mats, use small mats on sides