

Your aim is to jump as high as possible.

Drive your lead leg up with your knee past the horizontal line of the bar. Once your lead leg is over, kick the other foot over the bar. Land on your feet to complete the jump.

- Set a run-up of between 7 to 11 steps.
- These steps should be in a straight line .
- The line should be around 25-30 degrees when compared with the bar.
- Commence your run from a consistent starting point.
- Keep your body tall and centre of gravity high off the ground.
- As you approach the bar, your legs should be accelerating quicker.
- The last two steps should be the quickest.
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- Once your lead leg is over, kick the other foot over the bar.
- Land on your feet to complete the jump.

