

A hand is holding a gold medal with a red ribbon. The medal features a laurel wreath border and a central emblem. The background is a bright, hazy sky with a sun flare in the upper left corner.

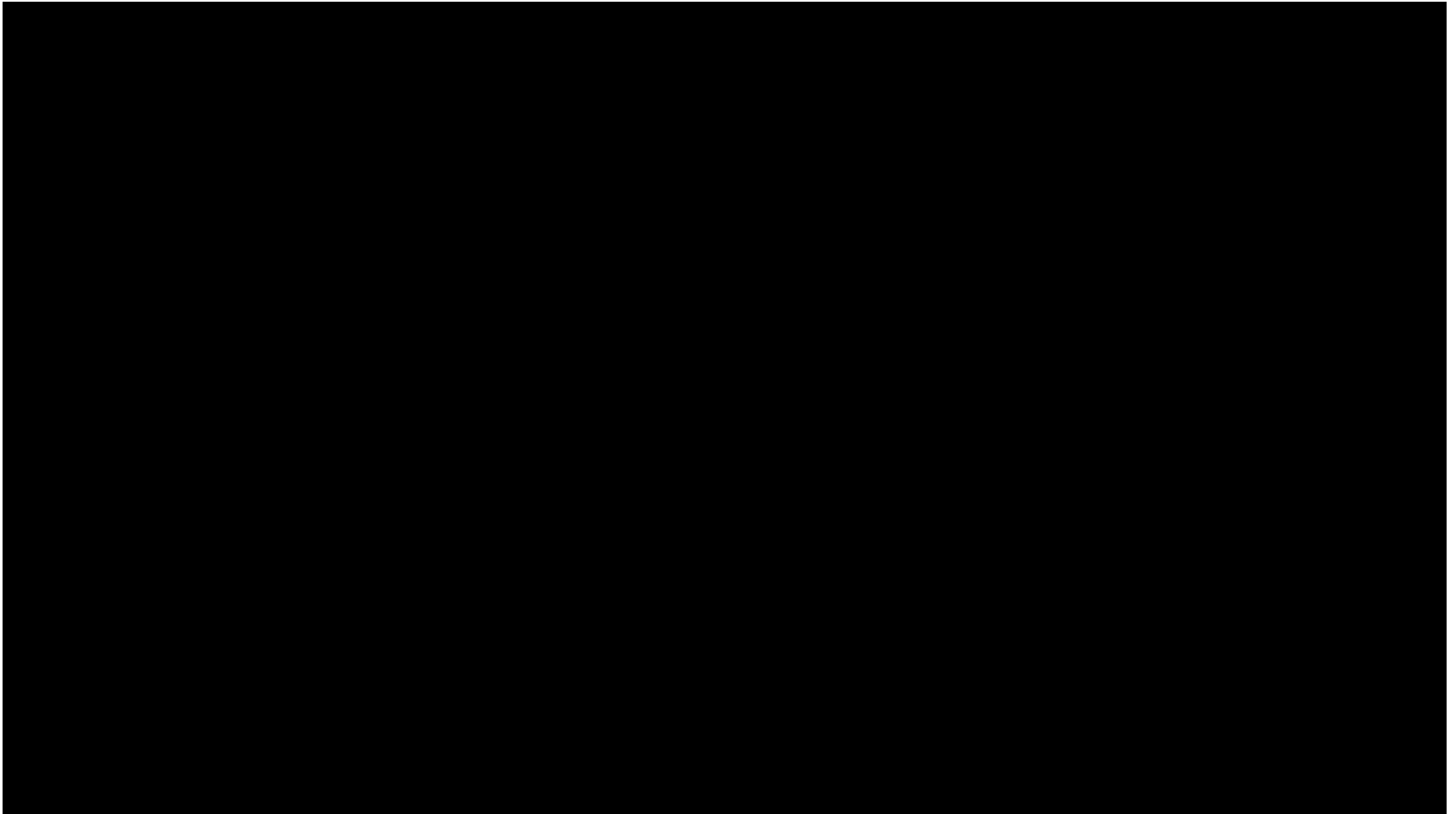
# Hitting Big Heights

Advanced Concepts in the Fosbury Flop  
Nike Track Clinic – Portland, Oregon  
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“The closest thing to flying is the high jump.”



Big Heights. Coaching or just a good athlete?





# Advanced Coaches, Advanced Thinking

Session designed for experienced high jump coaches

Refinement, efficiency, and performance optimization

Details that separate good from elite



# Modern High Jump Demands



Higher controlled  
approach velocities



Efficient horizontal-to-  
vertical force conversion



Precision and rhythm  
over brute strength





# Speed Is the Foundation



Approach velocity  
correlates strongly  
with clearance  
height



Speed must be  
controlled and  
repeatable



Arrive fast, tall, and  
composed



# The Approach as a System

Penultimate  
mechanics prepare  
vertical impulse

Curve consistency  
over step-count  
obsession

Posture governs  
center of mass  
behavior

The 3 “P”s  
Posture  
Predicts  
Performance



# Penultimate & Takeoff Micro-Details

Penultimate lowers COM without deceleration

Fast, stiff, active takeoff foot

Impulse comes from position, not effort



# Converting Speed to Lift

Optimal takeoff  
angles are  
athlete-specific

Short ground  
contact time is  
critical

Tall posture  
preserves force  
direction



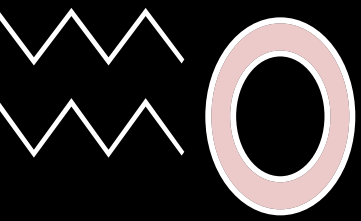
# Managing Rotation Efficiently

Rotation created by approach geometry

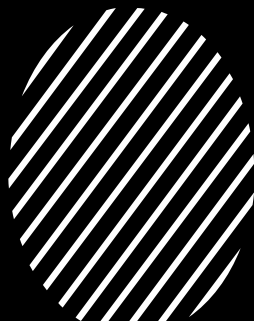
Lead arm and free leg guide rotation

Forced rotation reduces vertical impulse





# Bar Clearance Efficiency



Clearance quality reflects  
takeoff execution

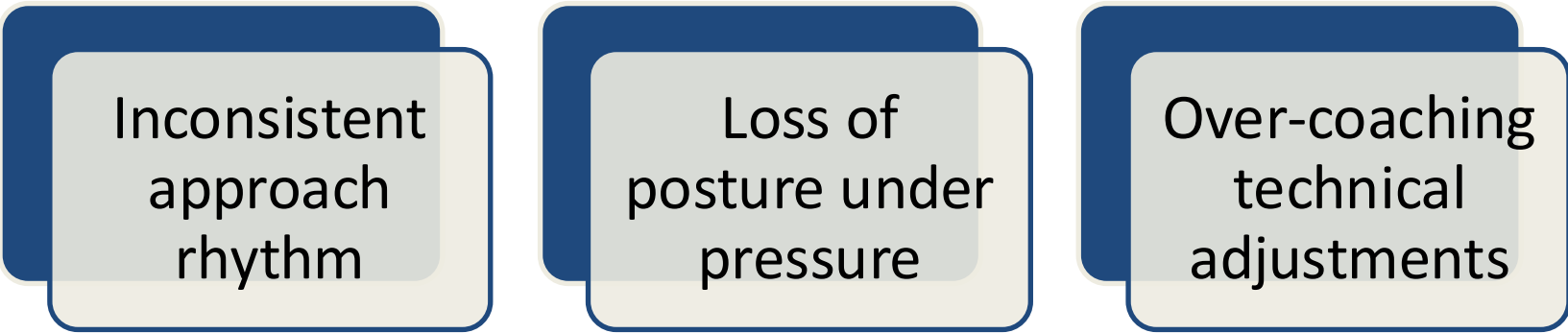
Head and shoulders  
dictate bar trajectory

Elite jumpers wait for the  
bar





# Why Jumpers Plateau



Inconsistent  
approach  
rhythm

Loss of  
posture under  
pressure

Over-coaching  
technical  
adjustments

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# Practice Design for Big Heights

1

Prioritize  
quality over  
quantity

2

Train at  
competition-  
relevant speeds

3

Protect CNS  
freshness



# Coaching on Meet Day

Fewer cues, stronger language

Trust the approach and rhythm

Protect athlete confidence





# The Coach's Eye

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Posture at  
touchdown

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Curve integrity  
into takeoff

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Takeoff foot speed  
and stiffness



## Final Thought

Big heights come from  
clarity, not complexity



Coach the environment as  
much as the movement



When it aligns, the athlete  
flies



Thank You

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## Questions & Discussion



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