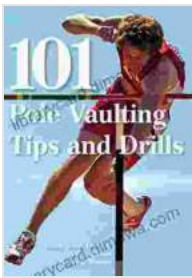


101 Pole Vaulting Tips And Drills: Master the Art of Soaring Over the Bar

Pole vaulting is an exhilarating and challenging sport that requires both athleticism and technical skill. If you're looking to improve your performance, look no further than our comprehensive guide, 101 Pole Vaulting Tips And Drills. This book is packed with expert advice and practical drills to help you take your vaulting to the next level.

Inside, you'll find:



101 Pole Vaulting Tips and Drills by Ann Marie Frohoff

★★★★☆ 4.2 out of 5

Language : English
File size : 13103 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 263 pages
Lending : Enabled



- **Essential tips on running, planting, and taking off**
- **Drills for improving your speed, strength, and flexibility**
- **Advanced techniques for clearing higher bars**
- **Troubleshooting tips for common vaulting problems**

Whether you're a beginner just starting out or a seasoned vaulter looking to break through a plateau, 101 Pole Vaulting Tips And Drills has something for you. With clear instructions and easy-to-understand diagrams, our book will help you master the art of soaring over the bar.

What's Inside?

Our book is divided into four sections, each covering a different aspect of pole vaulting:

- **Section 1: Running and Planting**
- **Section 2: Takeoff and Inversion**
- **Section 3: Swing and Turn**
- **Section 4: Landing and Rollout**

Each section is packed with tips and drills to help you improve your technique. We cover everything from the basics of running and planting to advanced techniques like the "Fosbury Flop." With our expert guidance, you'll be able to execute each phase of the vault with precision and power.

Benefits of 101 Pole Vaulting Tips And Drills

There are many benefits to using our book, including:

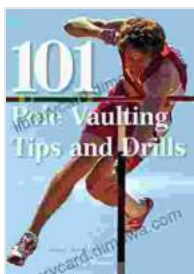
- **Improved performance:** Our tips and drills will help you improve your speed, strength, and flexibility, leading to higher jumps.
- **Reduced risk of injury:** By learning proper technique, you can reduce your risk of injuries common in pole vaulting.

- **Increased confidence:** With a solid foundation in the basics, you'll be able to approach the vault with confidence and determination.
- **Lifetime access:** Once you Free Download our book, you'll have access to it for life, so you can refer back to it as often as needed.

Free Download Your Copy Today!

If you're ready to take your pole vaulting to the next level, Free Download your copy of 101 Pole Vaulting Tips And Drills today. This book is the ultimate resource for vaulters of all levels. With our expert guidance, you'll be soaring over the bar in no time.

Click here to Free Download your copy today!



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