



TO FLOP OR NOT

With liability and risk management being key talking points at the moment it is worth revisiting the flop technique in high jump. The flop, compared to scissors, is the far more difficult of the two techniques but unlike any other event we allow our athletes to start there. In discus we start with a standing throw not with a spin and not a glide in shot put, so why in high jump do we allow our athletes to begin at the hardest point. The younger athletes in particular do the event the way they are first shown and if we explain the benefits of the scissors most people will accept that. By beginning with the fosby, bad technique is formed with jumpers diving or dropping their shoulders as they leave the ground and many starting their rotation while on the ground. Landing also becomes a problem with athletes putting their arm on to the mat first or leaving the neck down causing injuries.

Commencing a jumping program can be split into four main phases, vertical leap, body rotation, lay out of the body, and finally the fosby. The program could follow this sequence as a guide.

- 1 Jump over bar landing in a standing position
- 2 Jump over bar landing in sitting position with feet parallel to bar.
- 3 Jump over bar landing in a sitting position with feet at 45 degrees to bar (pointing at far upright)
- 4 Jump over bar landing in a sitting position with feet facing bar
- 5 Lay the body out over the bar when jumping.
- 6 Commence the fosby flop.

This does not take long to achieve with the results being worthwhile, and none of us want to see our children injured and these procedures may assist in reducing those risks.