

Step 3 - How to improve the Vault

Numbers	Skill	Coaching Points
1	Approach	Start slowly and build up the speed, keep eyes fixed on target. On last running stride, hurdle step with two foot landing. When running arms should be bent and move in opposition to legs. Teach good running technique before including springboard and vault. Important that arms do quick semicircle so that they are in position to swing forward and upwards on take off
2	Take off	Legs are slightly bent, feet under the body, arms back and chest up, head in neutral position. Immediately push off and swing arms forward (quick rebound). Push through both feet equally
3	Flight onto apparatus	Place hands shoulder width apart and straight on top of vault. Aim to stretch legs back to achieve a 'lay-out' position before bringing knees in quickly under body to squat on top or to clear vault for 'through vault'. (Position should be rehearsed on floor, (front support jump to crouch). Assist: Upper arm support to prevent forward rotation
4 & 5	Rebound & Flight off	Push down and forwards with arms; feel feet stretched. Lift body and arms up out of tuck and feel push away with hands from box
6 & 7	Landing	Straighten legs before landing and aim to land well clear of the apparatus. 'Stick' the landing -- no additional steps to gain control
		Common Mistakes: Shoulders and weight move forward causing rotation & fall, arm push weak, repulsion is weak, legs not stretched backwards on take off. Head looking down not forward