Ángel Sainz

Salto con pértiga

Curso de entrenador de club

julio de 2012

Calificaciones

Examen
Trabajo
Dudas

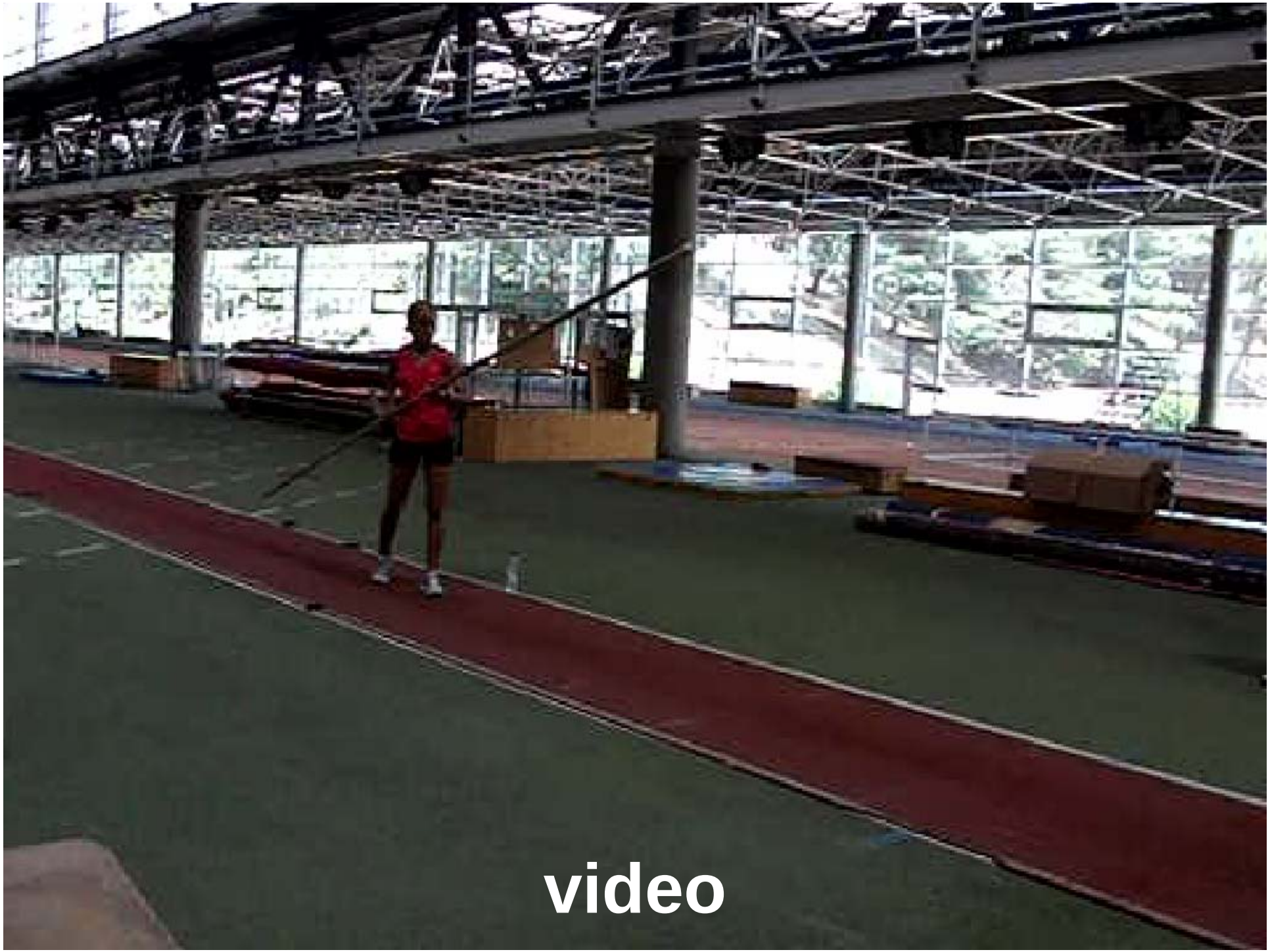
Pértiga

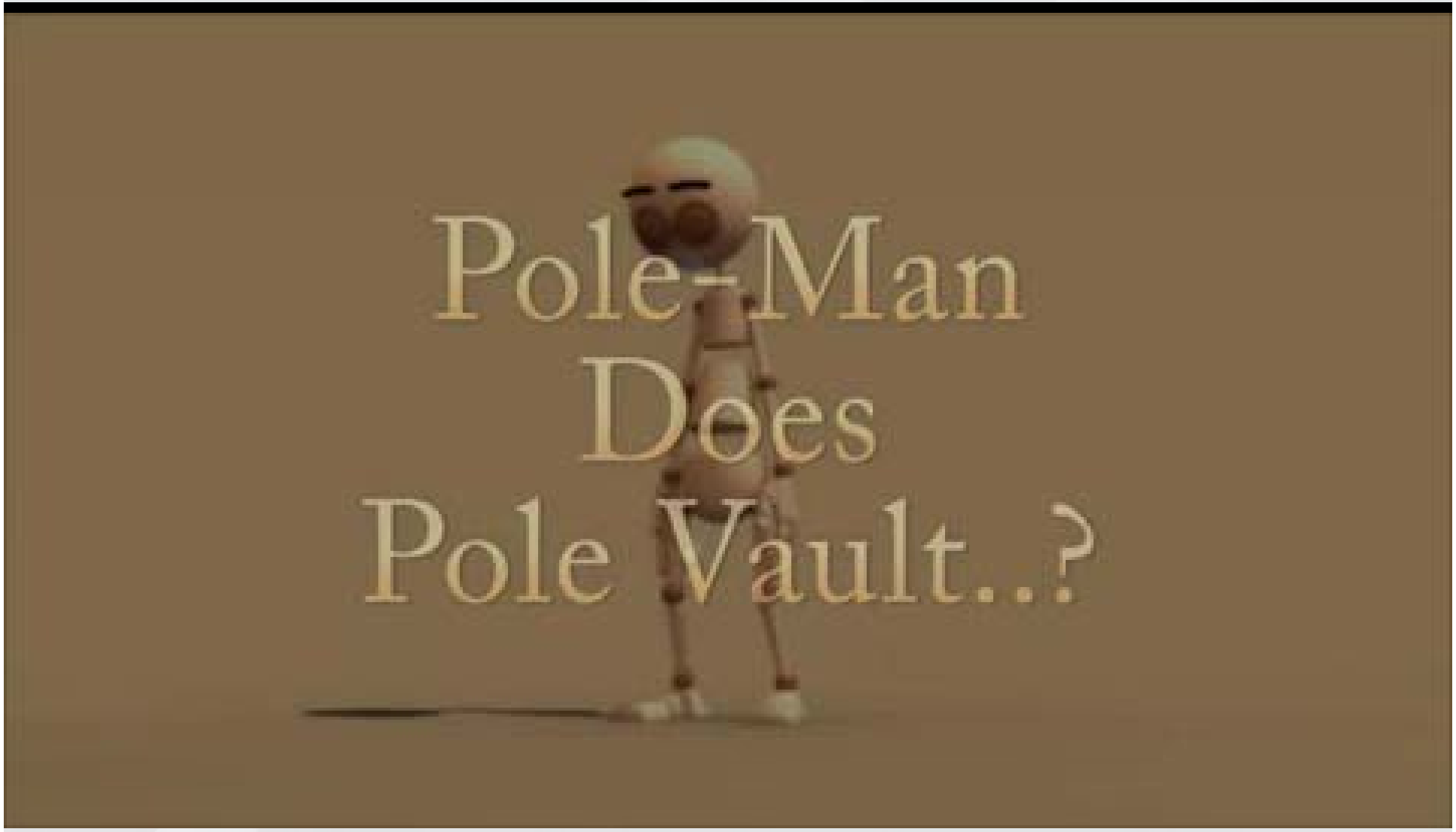
Objetivos en el curso

Teoría
Práctica sábado

¿Pértiga?

¿Saltar con pértiga yo?

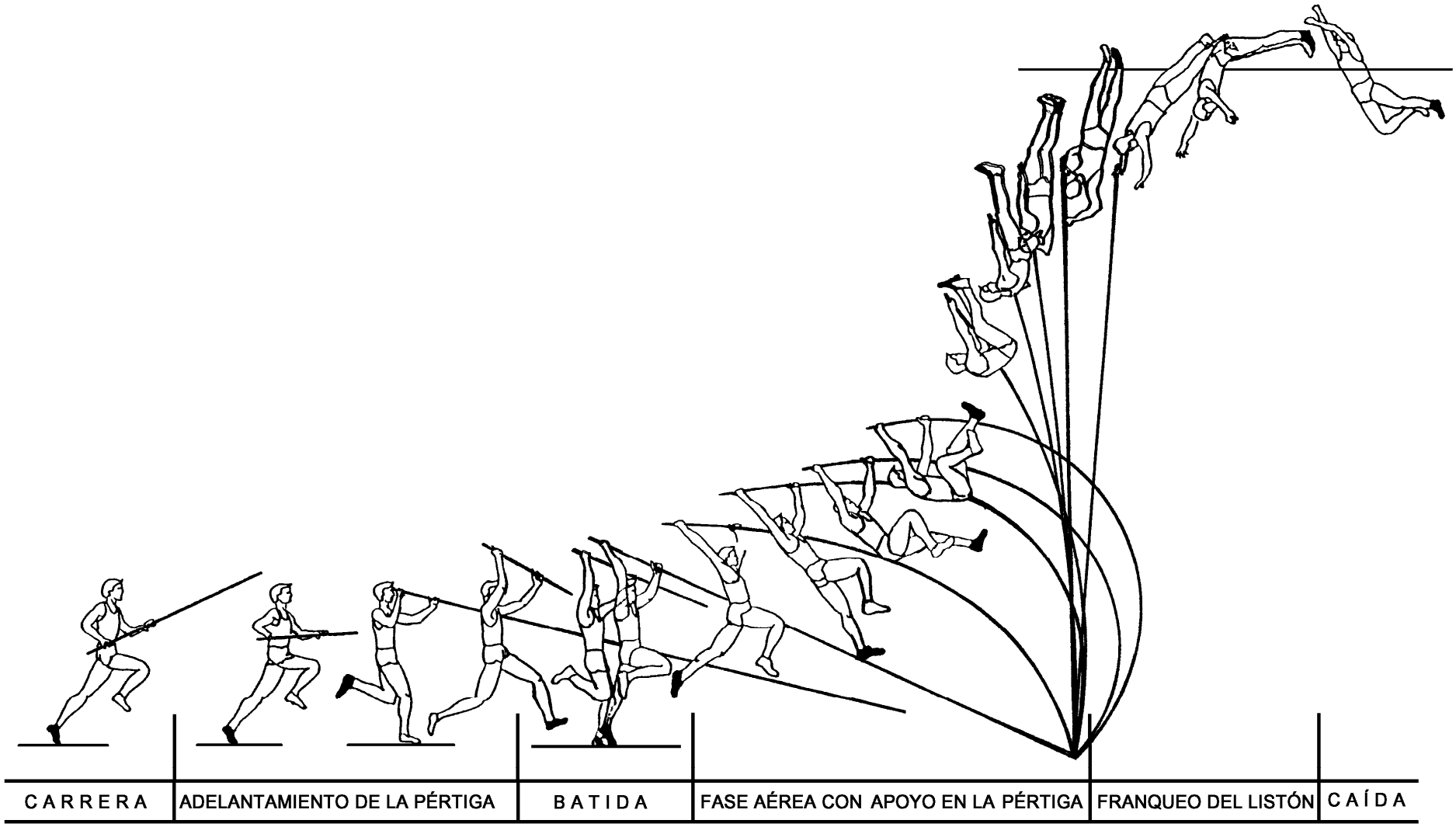

video



video

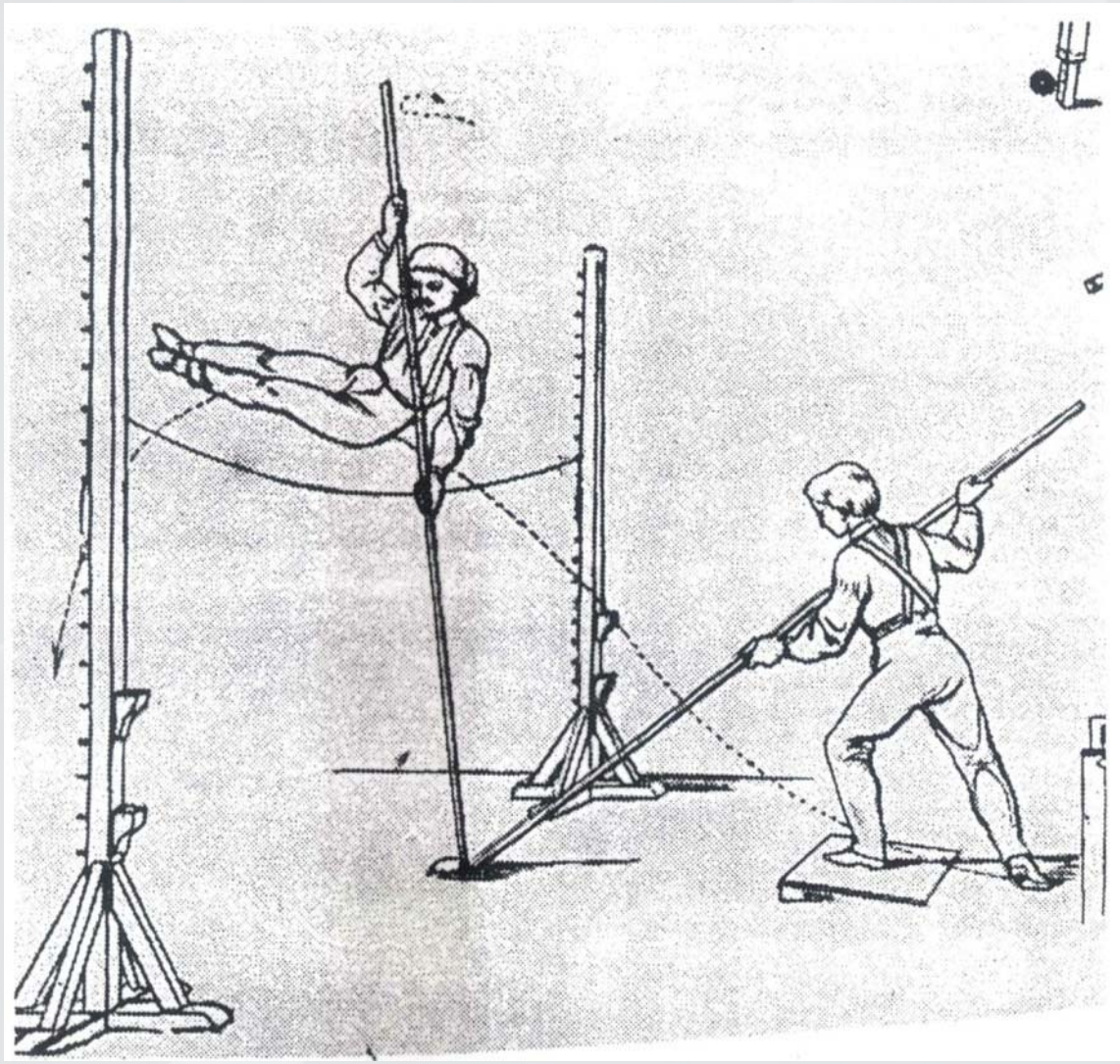
video

video


C A R R E R A
ADELANTAMIENTO DE LA PÉRTIGA
B A T I D A
FASE AÉREA CON APOYO EN LA PÉRTIGA
FRANQUEO DEL LISTÓN
C A Í D A

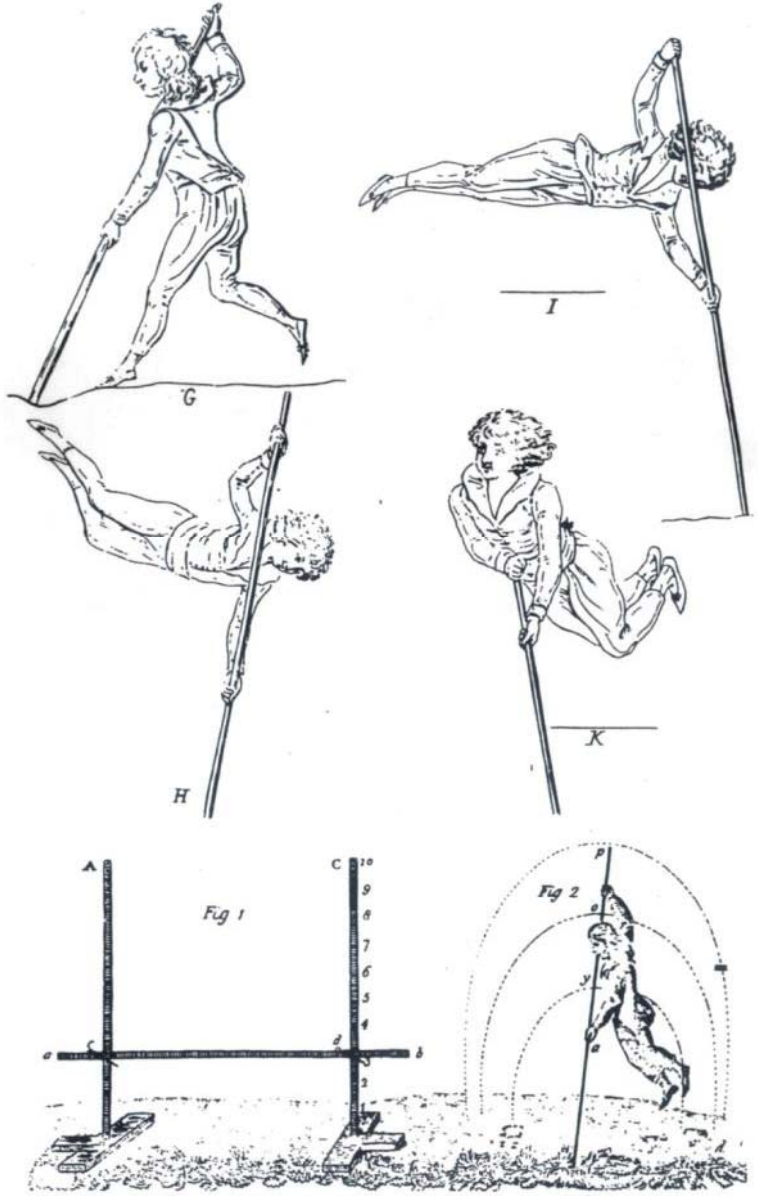
video

video



1793

1887



From: GYMNASTIK fur die JUGEND
J. C. F. GUTSMUTHS – SCHNEPFENTHAL, GOTHA, GERMANY 1793

1793

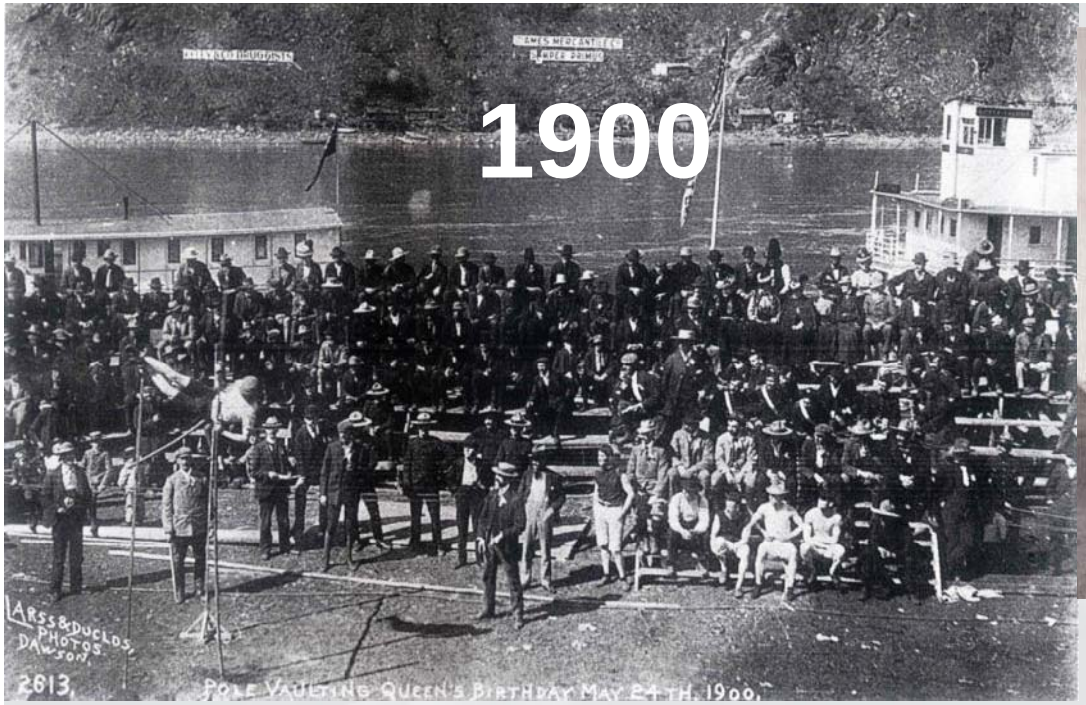
So fing es an, damals in Schnepfenthal: Beide Fotos stammen aus der 1793 erschienenen „Gymnastik für die Jugend" von GutsMuths. Neben dem Stabhochsprung widmete man sich damals auch noch dem Stabweitsprung.

Was sich die Stars von heute ersehne[illegible]mlic[illegible]en K[illegible]kt mit den Zuschauern – das war i[illegible] Tagen, da der Stabhochsprung noch i[illegible]en [illegible]ech[illegible]lbstverständlich. Diese Zeichnung Peter Loveseys brillantem Buch „The C[illegible]ciale[illegible]AAA (Amateur Athletics Associat[illegible] zeigt einen der ersten Wettbewerbe i[illegible]versit[illegible]gelände in Cambridge.

1884

1892

CARTWRIGHT CLEARING TEN FEET.—P. 447.


1900
LARSS & DUCLOS, PHOTOS. DAWSON.
2813.
POLE VAULTING QUEEN'S BIRTHDAY MAY 24TH. 1900.

1910-1920

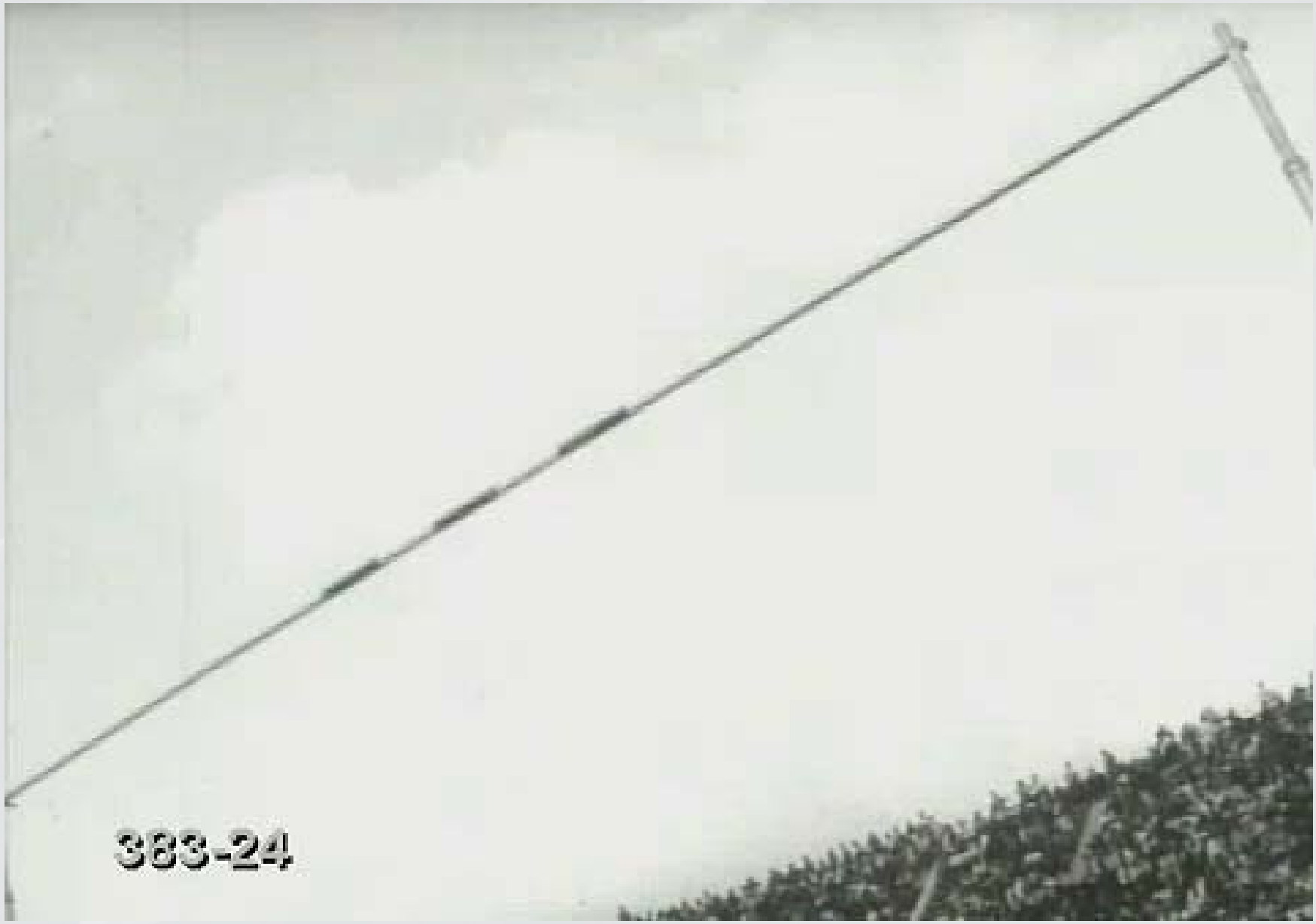
1949-1956

1936

video

1960 Pasajes de San Juan

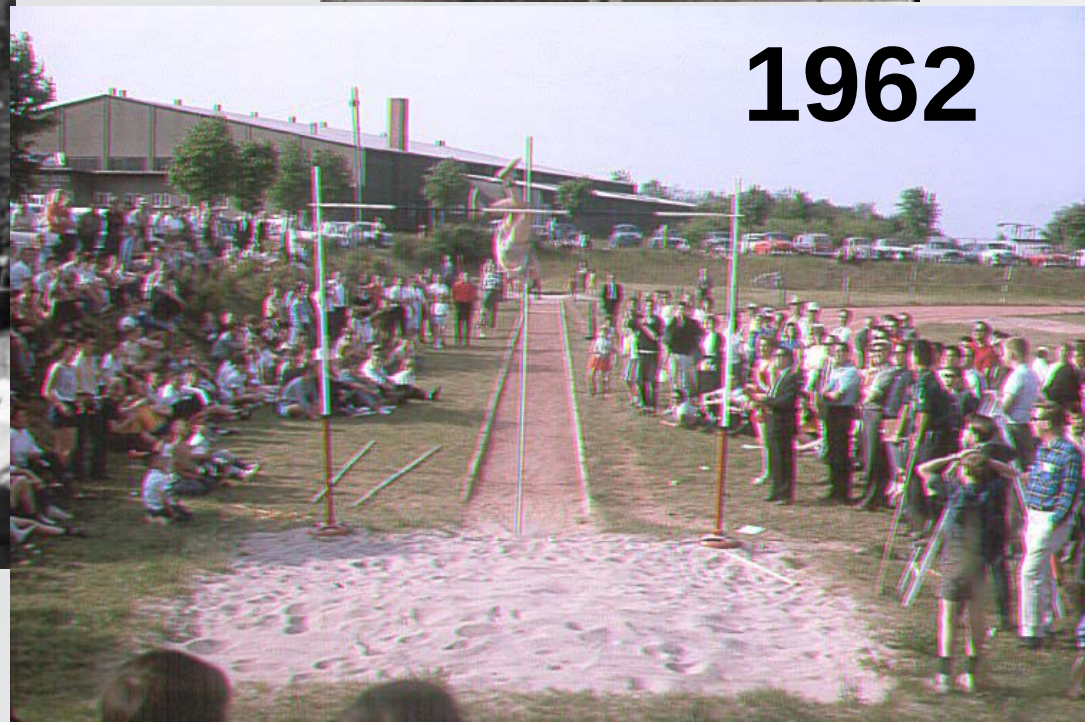
1960 Pasajes de San Juan



video

1964

1962



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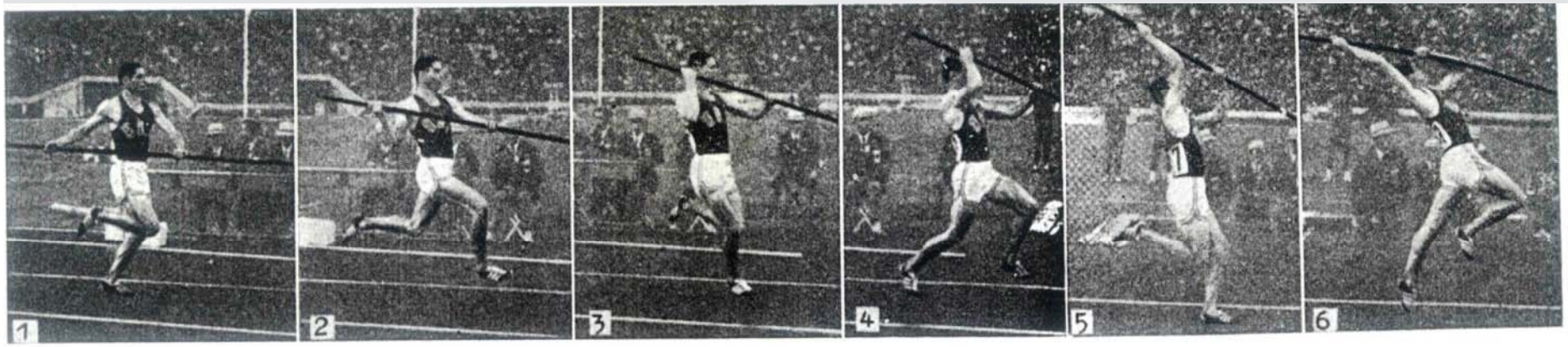
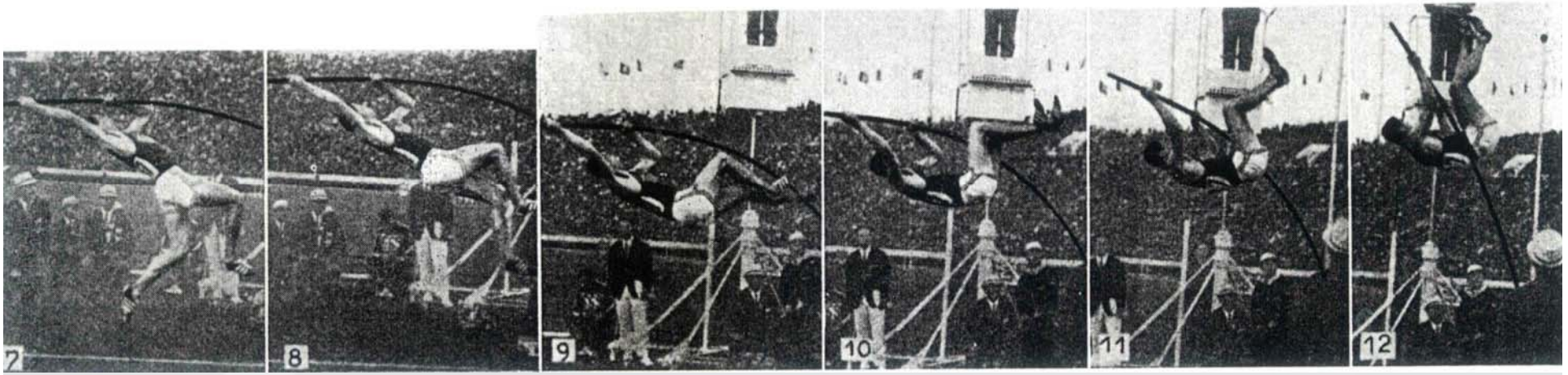
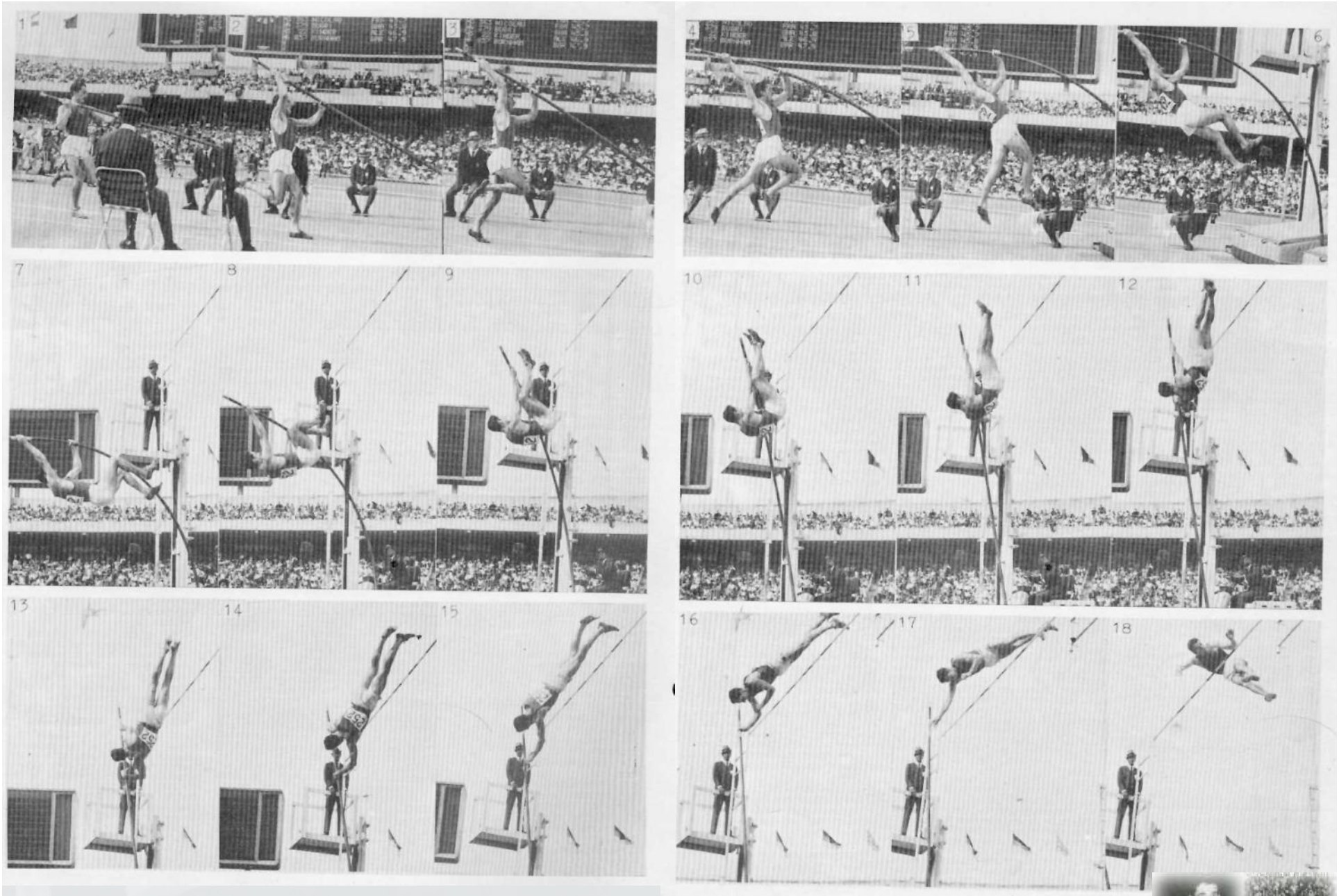
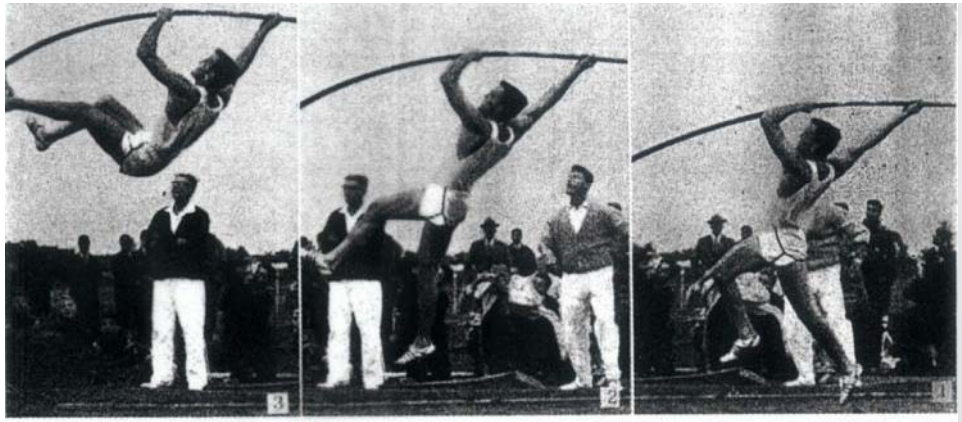


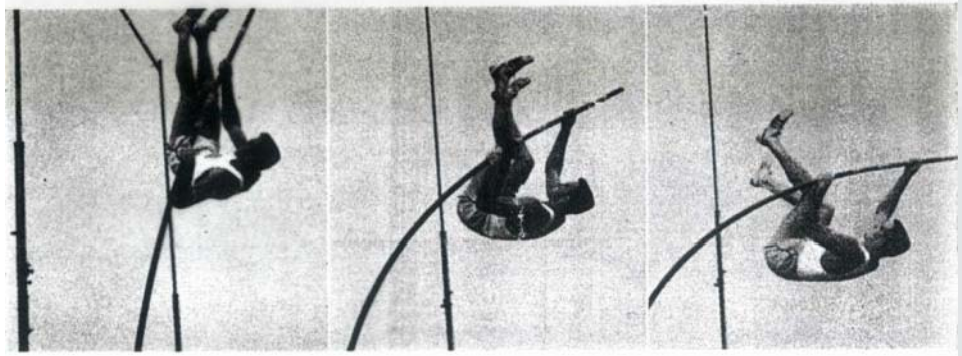
1964

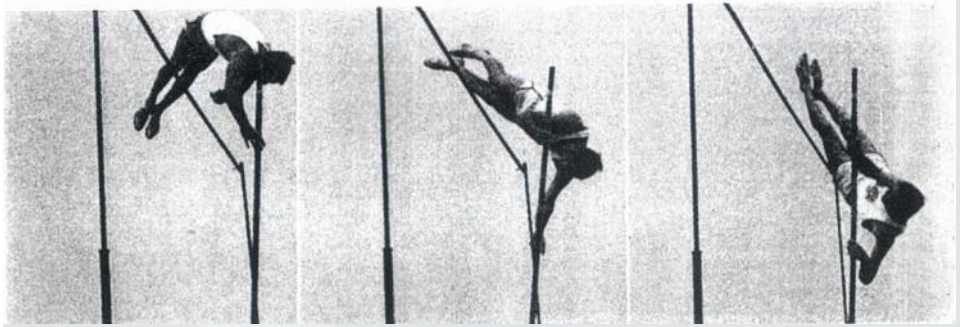


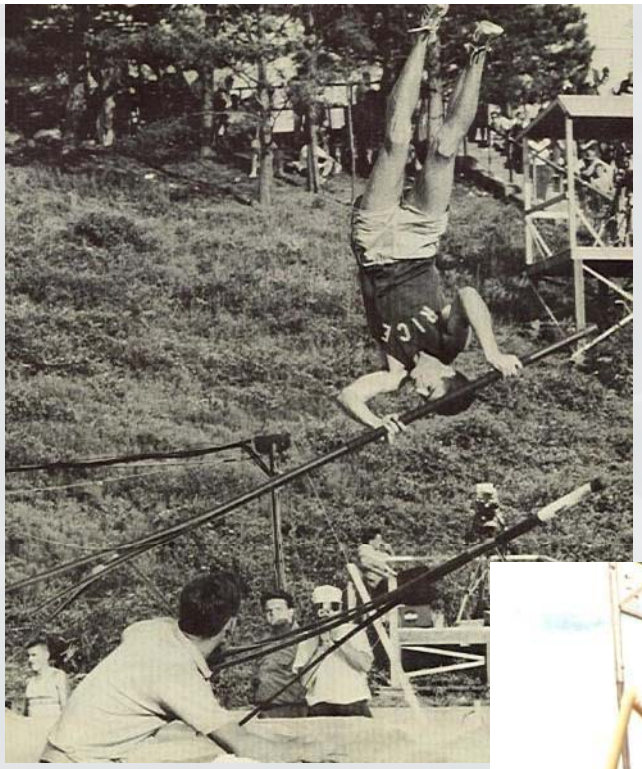


1968 Ignacio Sola: Récord olímpico









video

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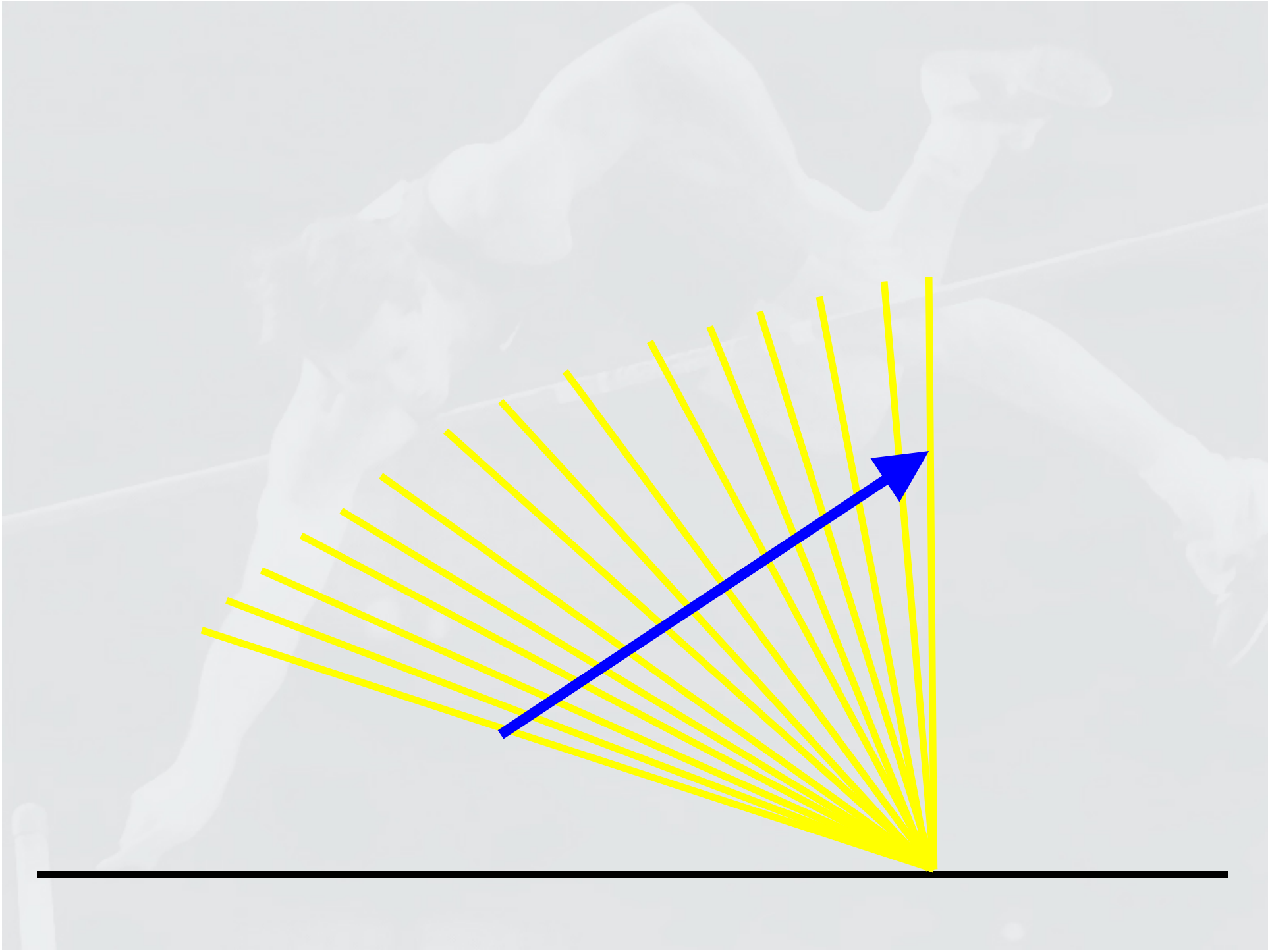
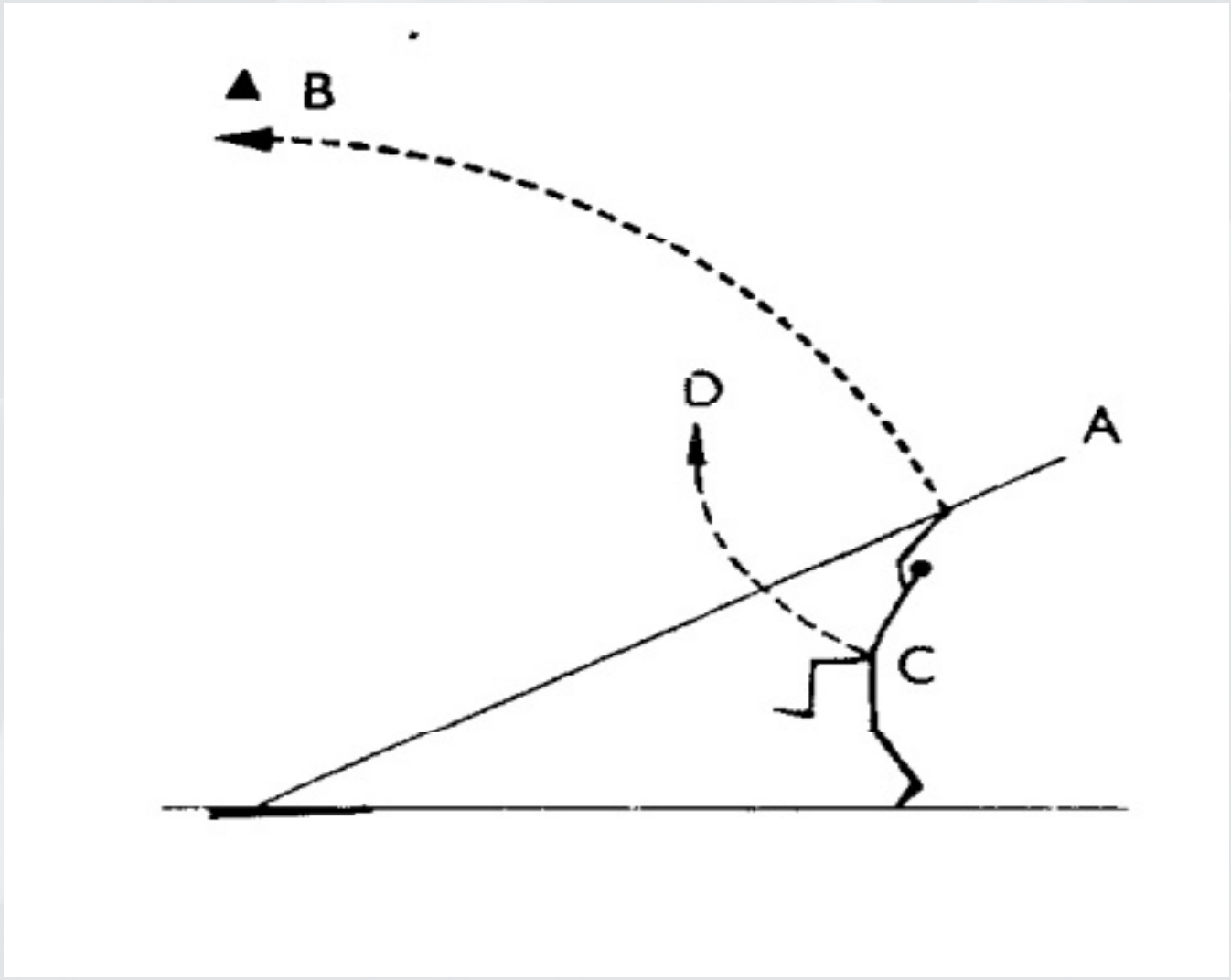
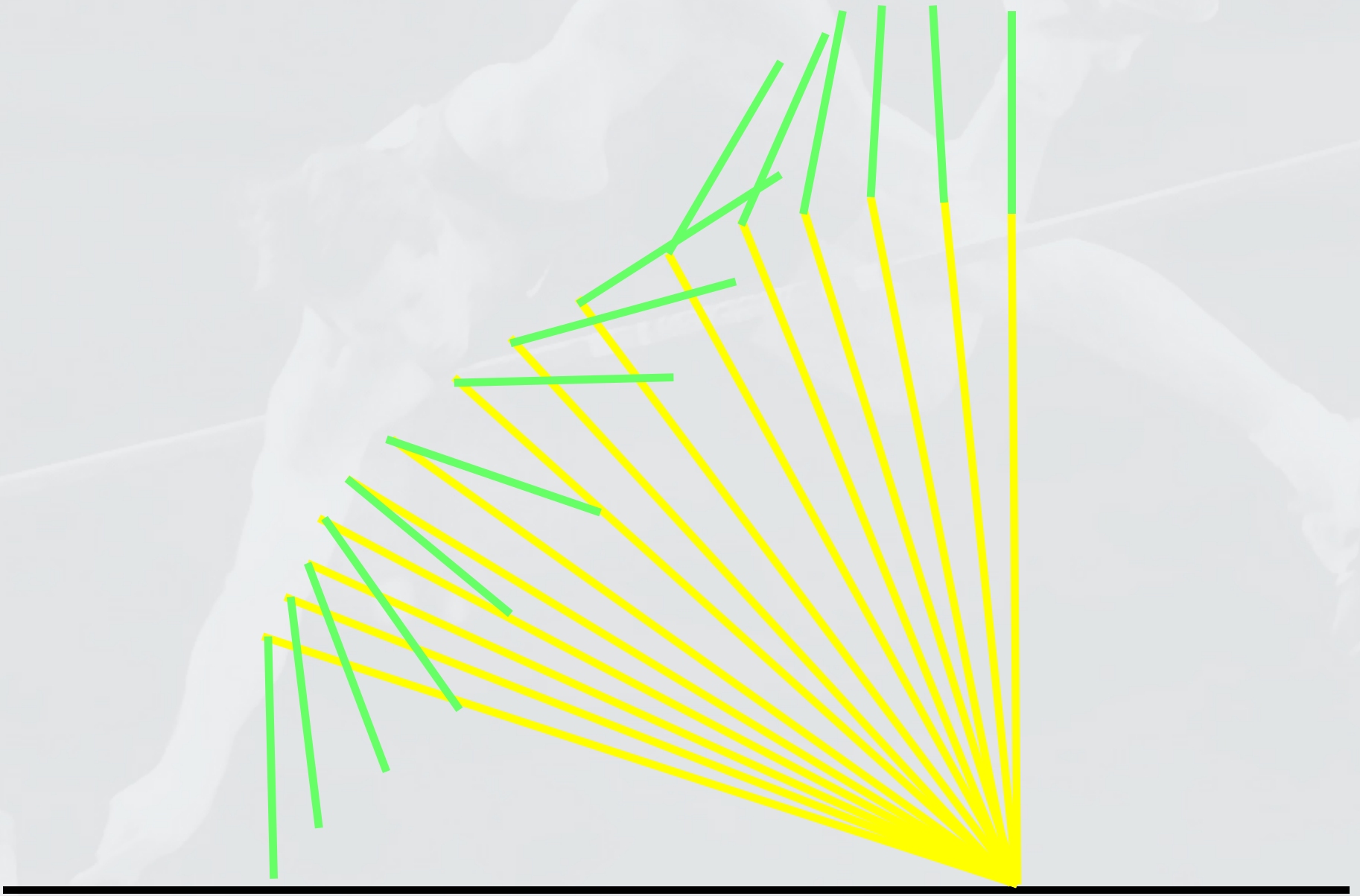


Sistema de dos péndulos



Sistema de dos péndulos

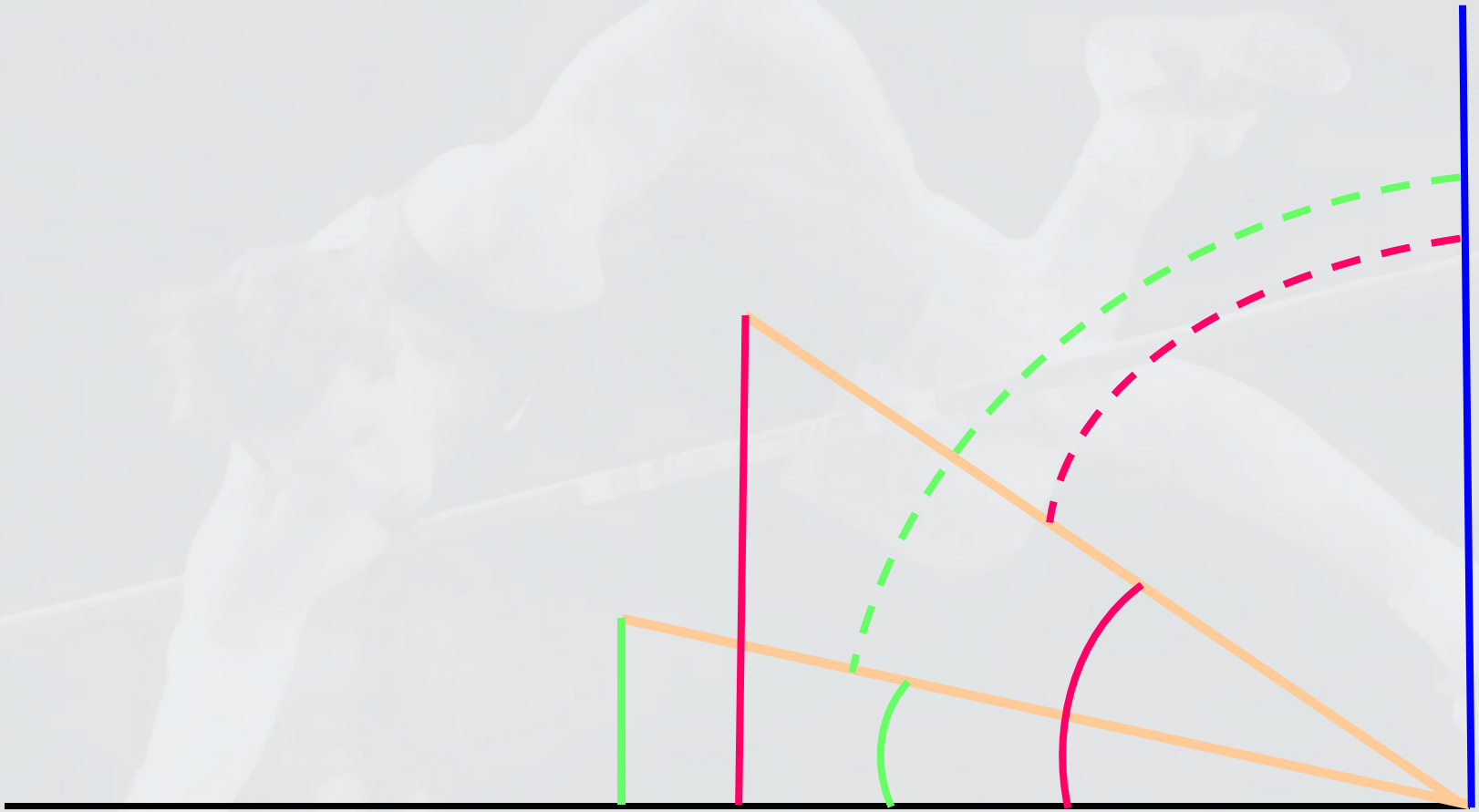


Transformación de la Energía en el salto

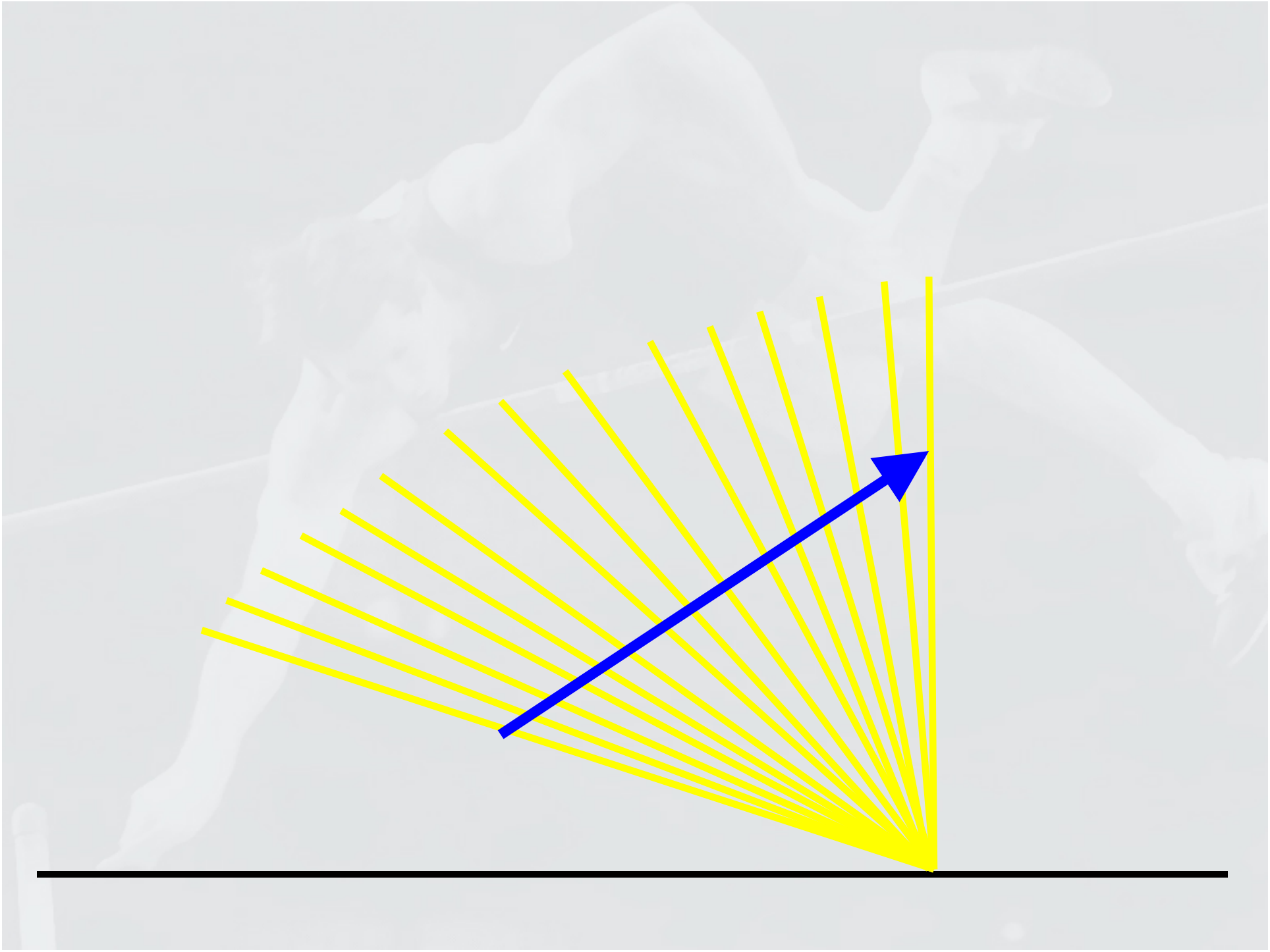
Tomado de L. Klima

Energía cinética

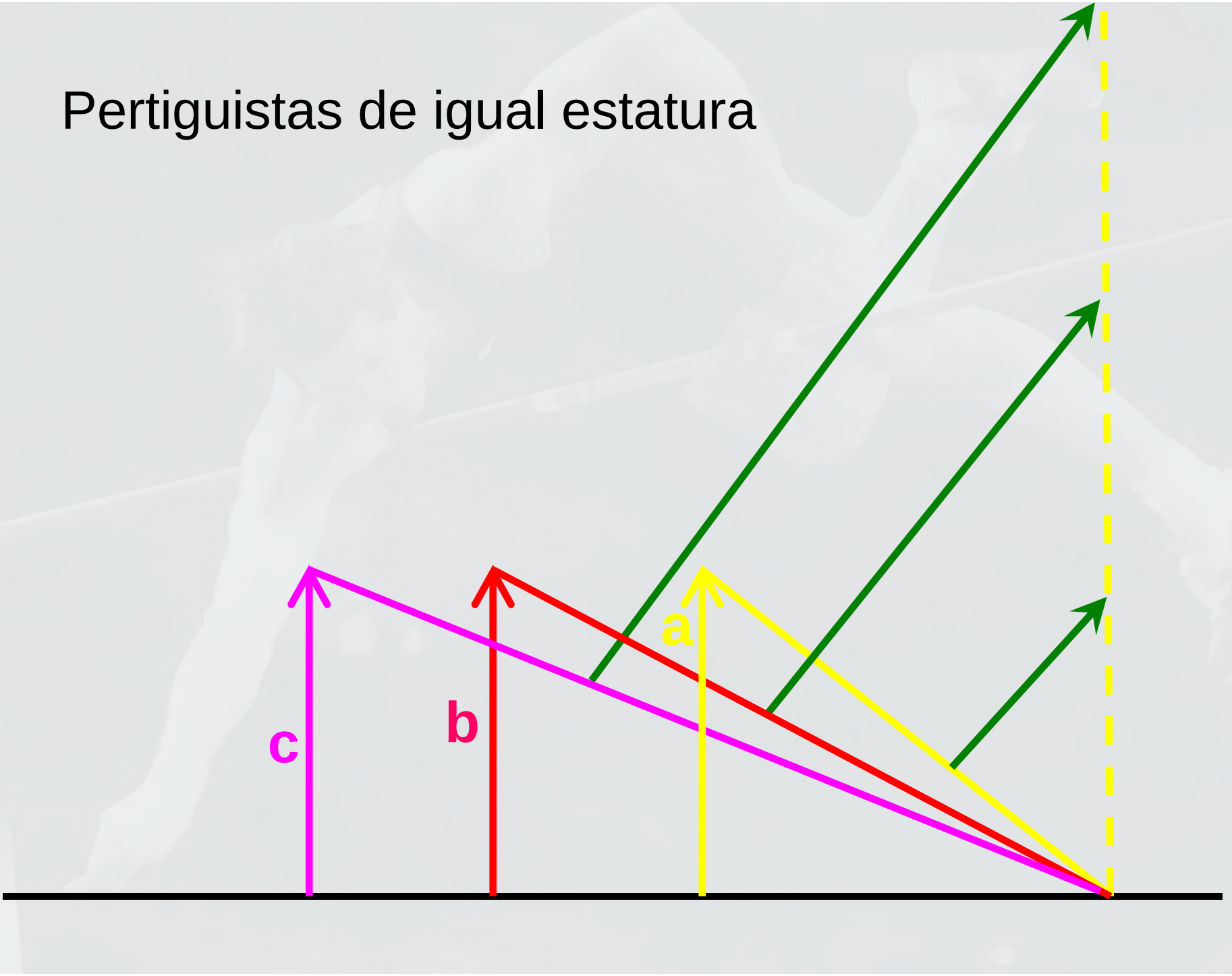
$$\tfrac{1}{2}\ m\ v^2$$



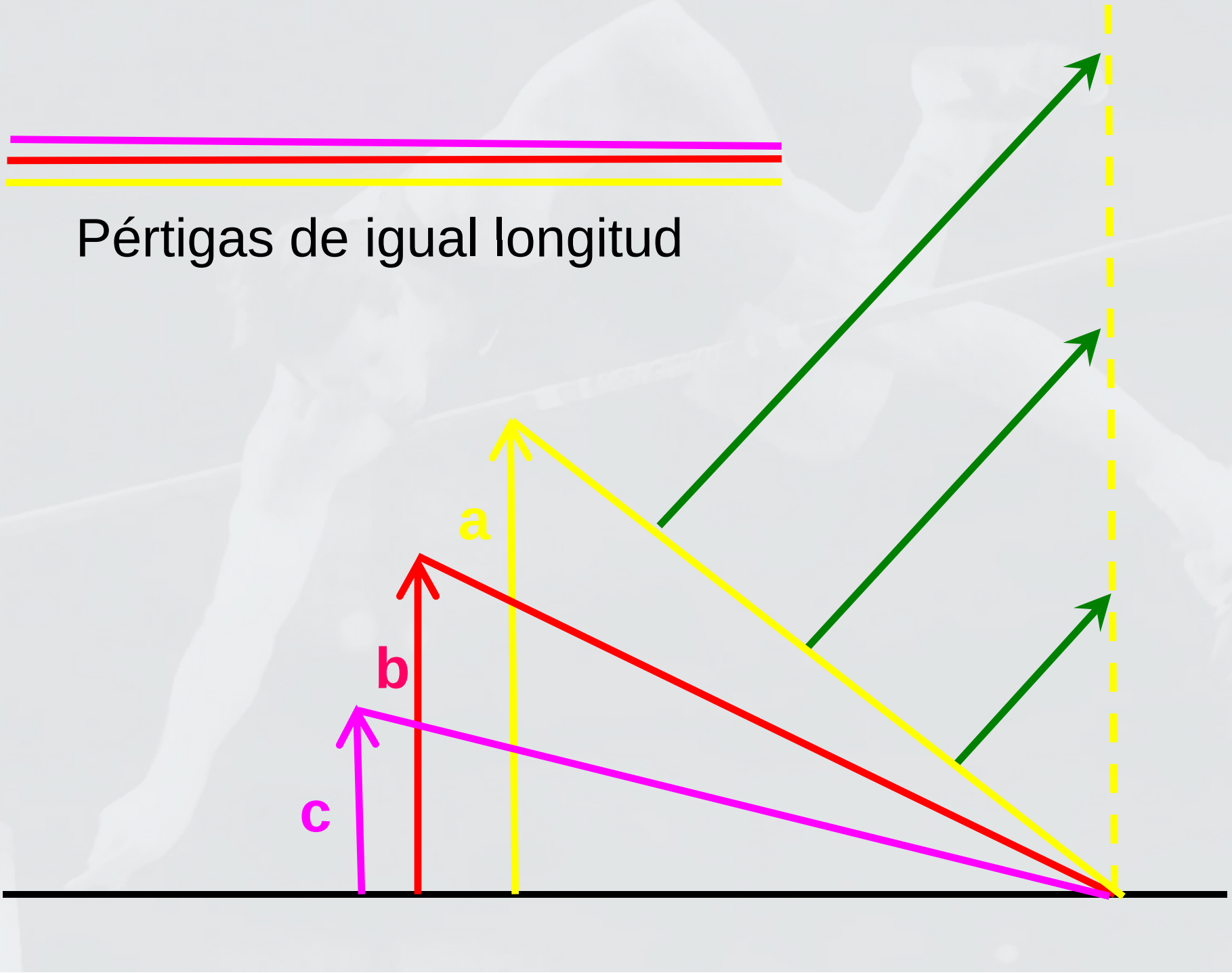
Pértigas de igual longitud



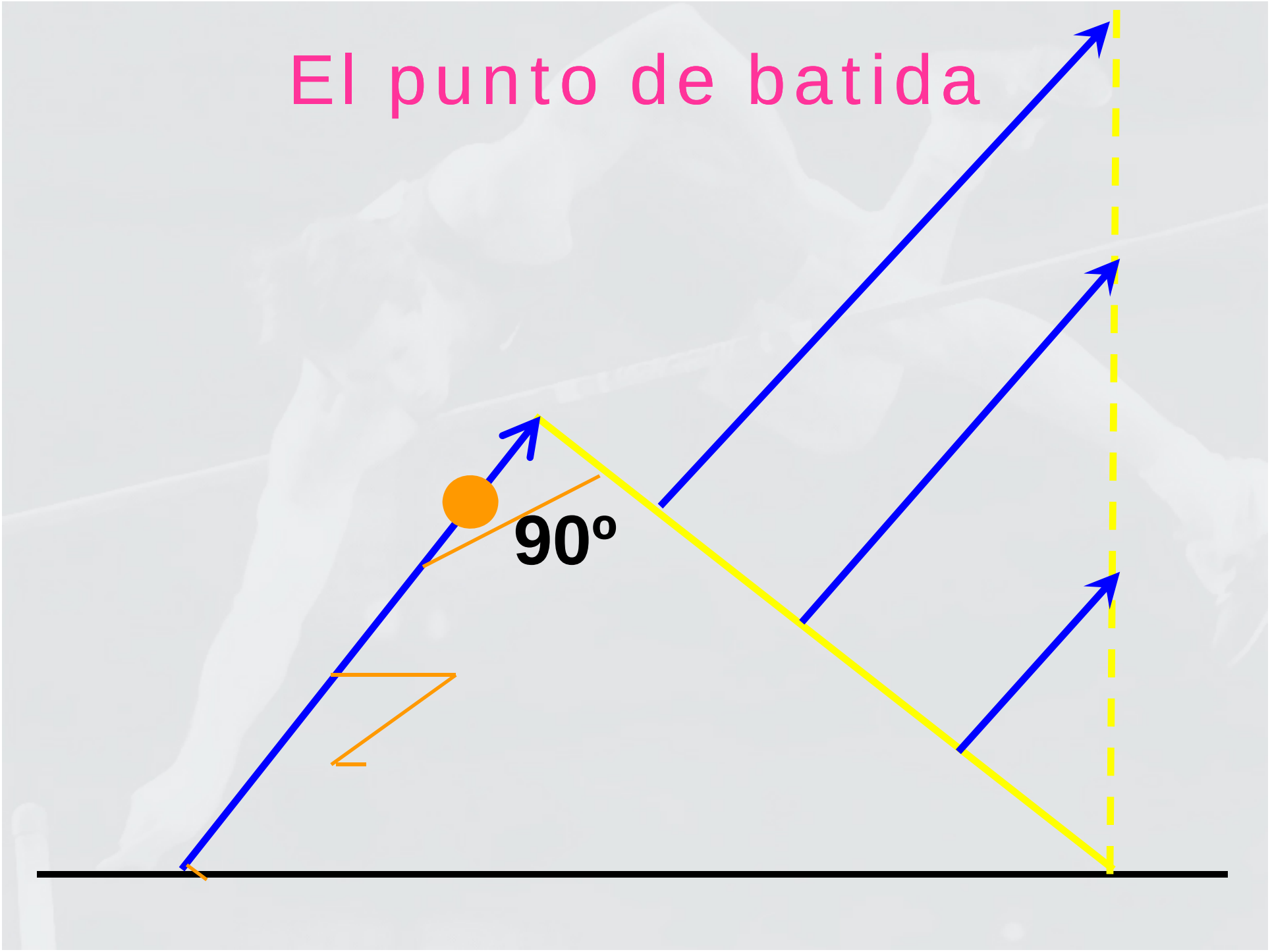
Pertiguistas de igual estatura



Pértigas de igual longitud



El punto de batida



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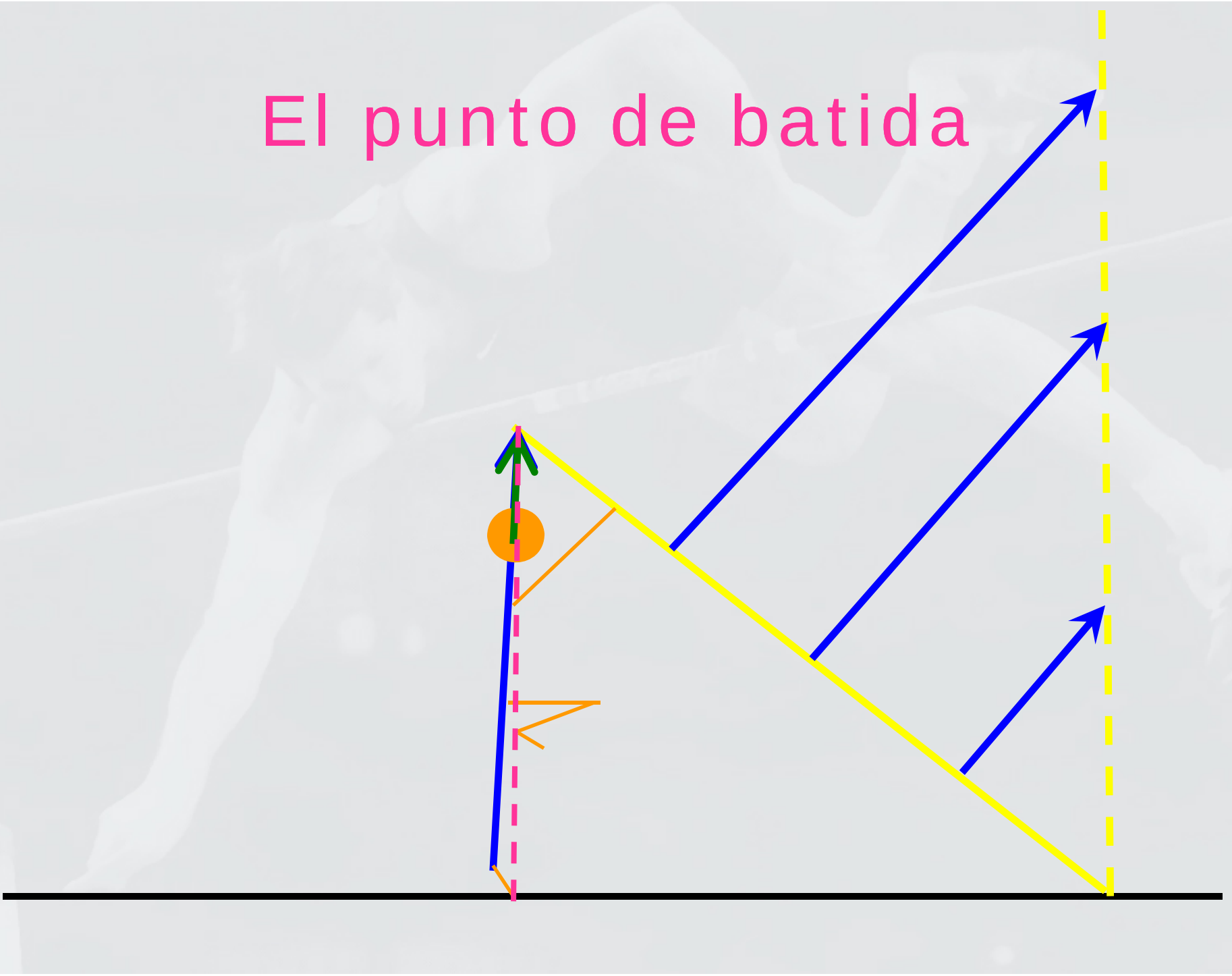
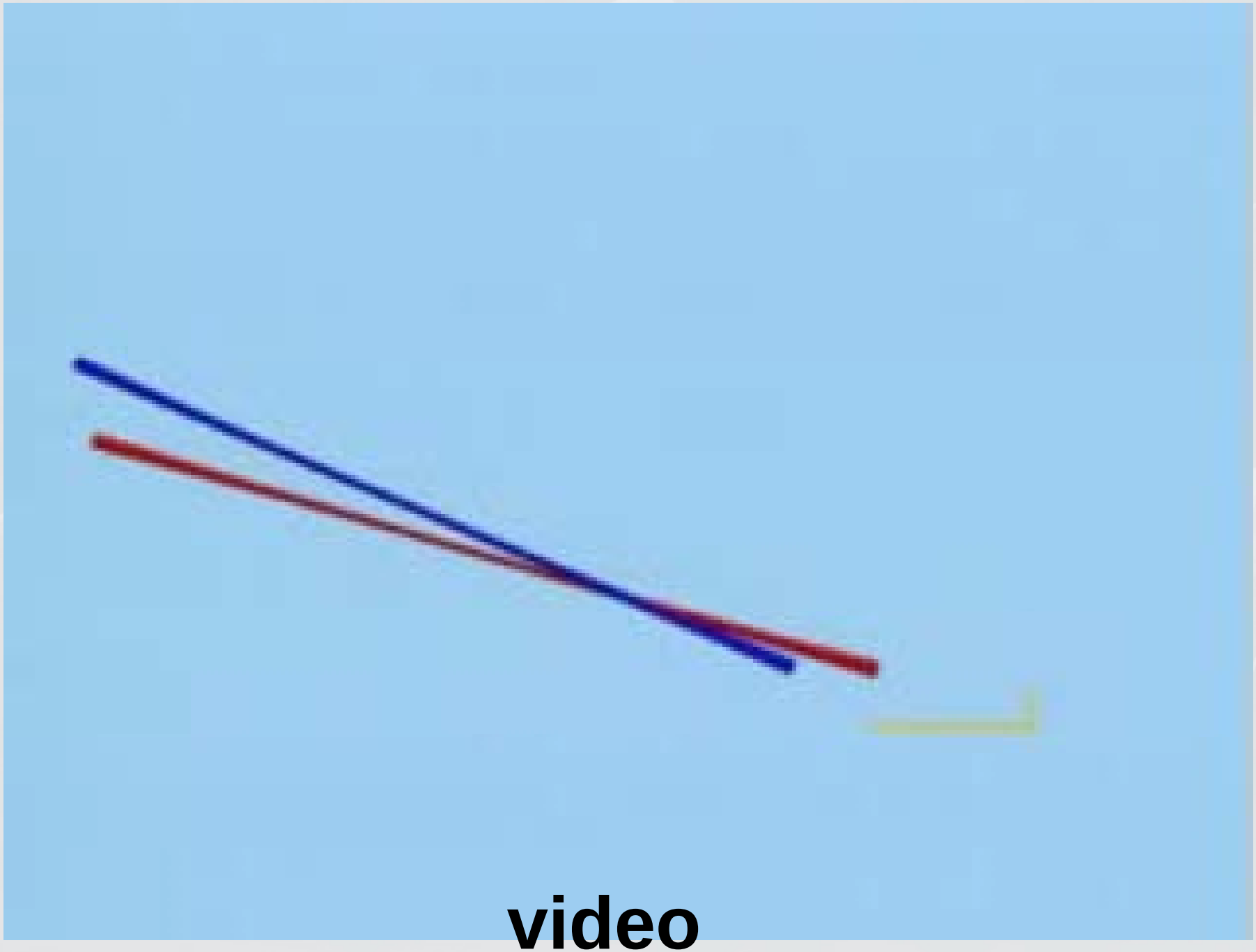
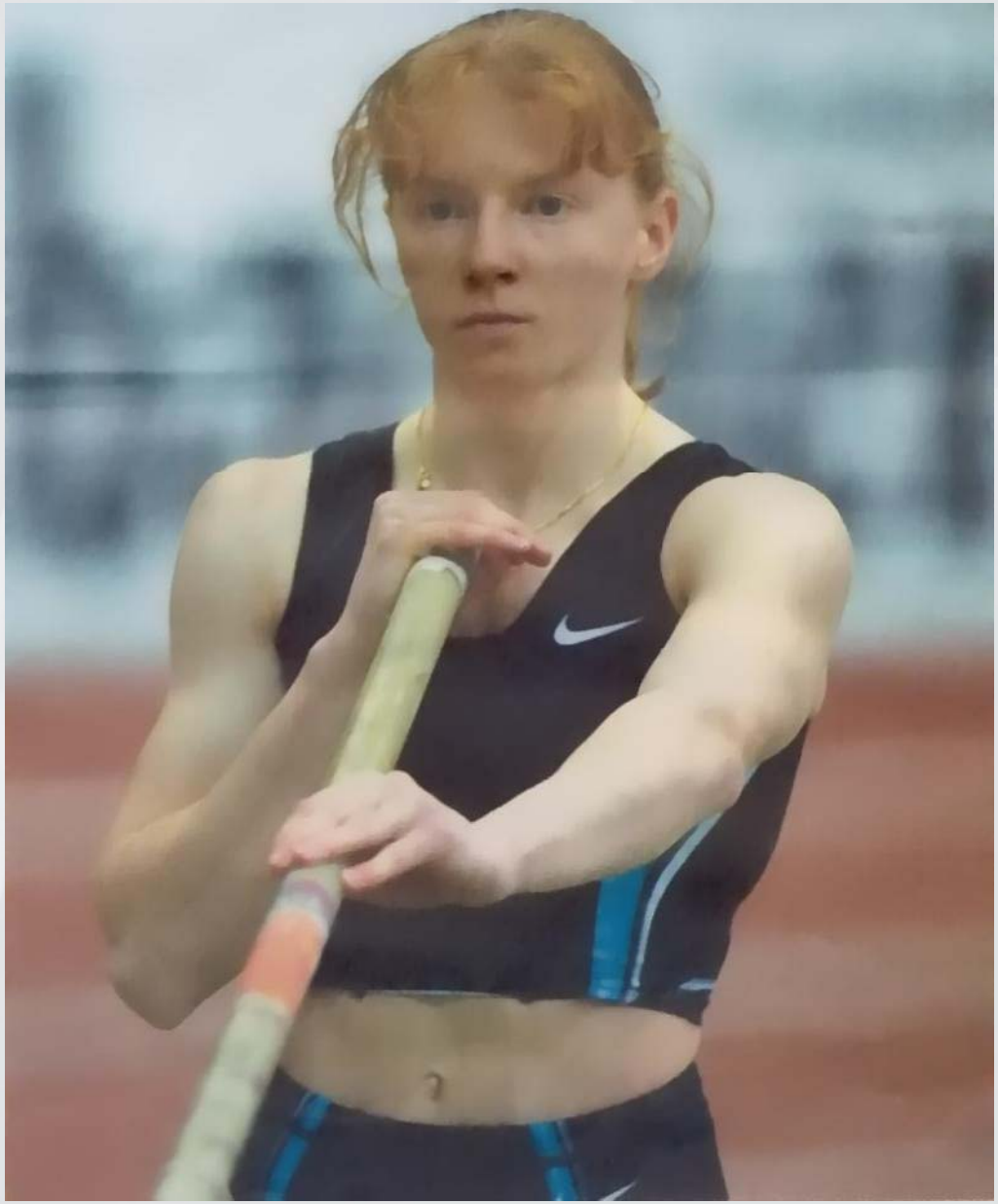


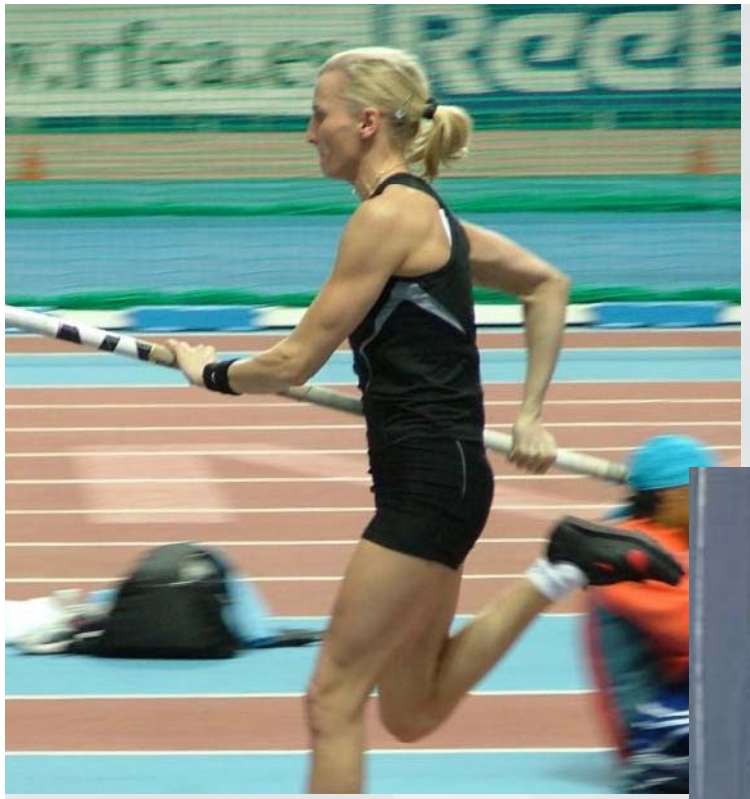


video

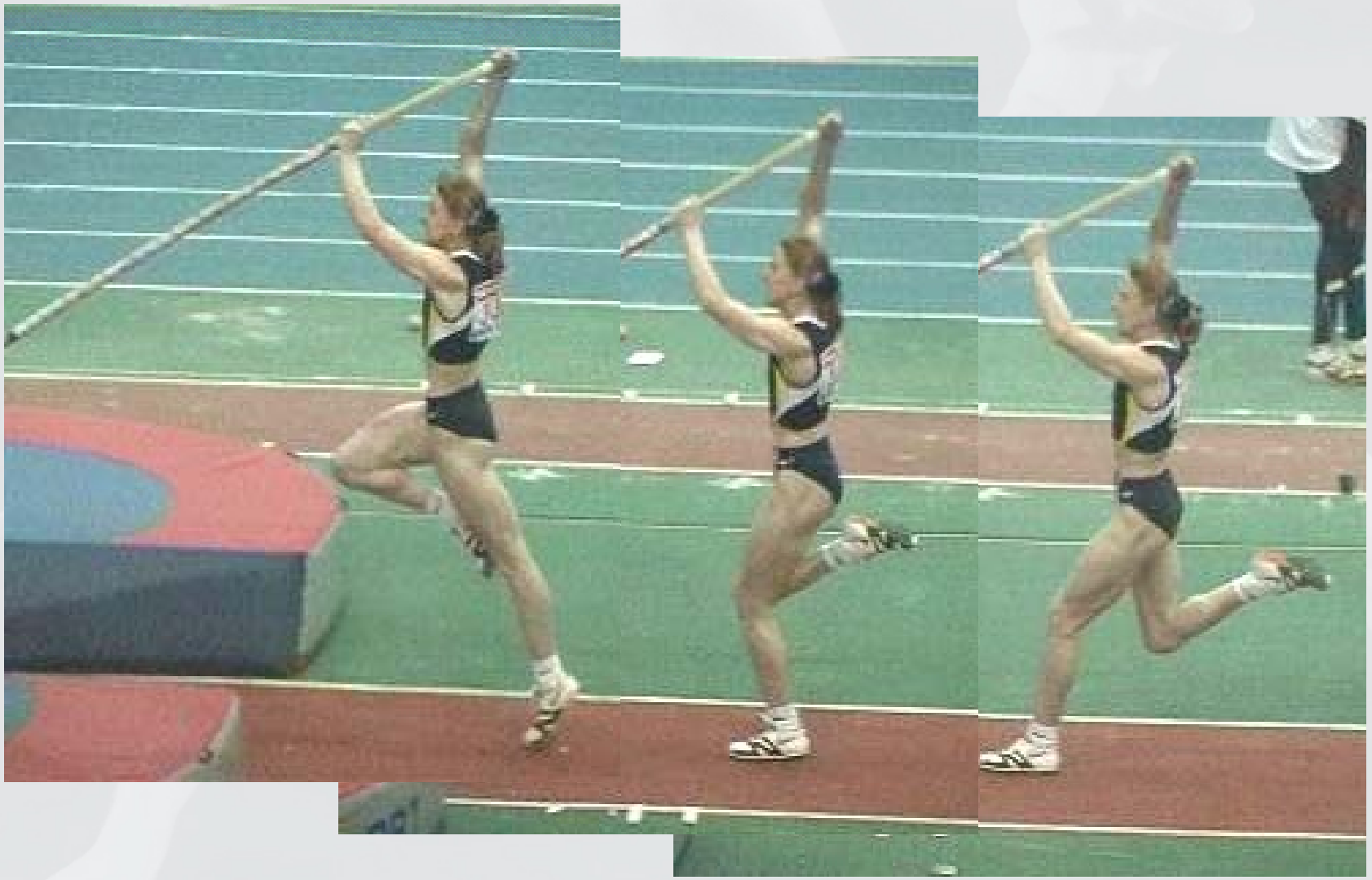
EUROSPORT
LIVE
video

video

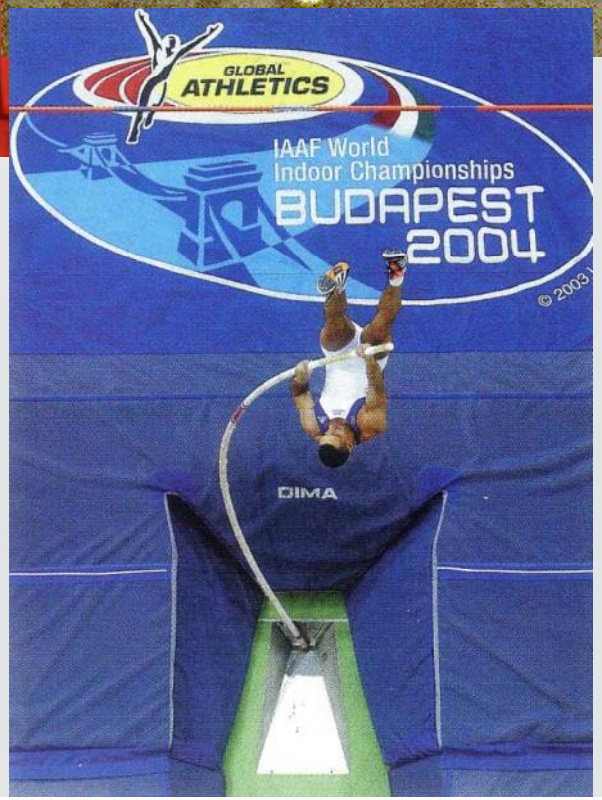




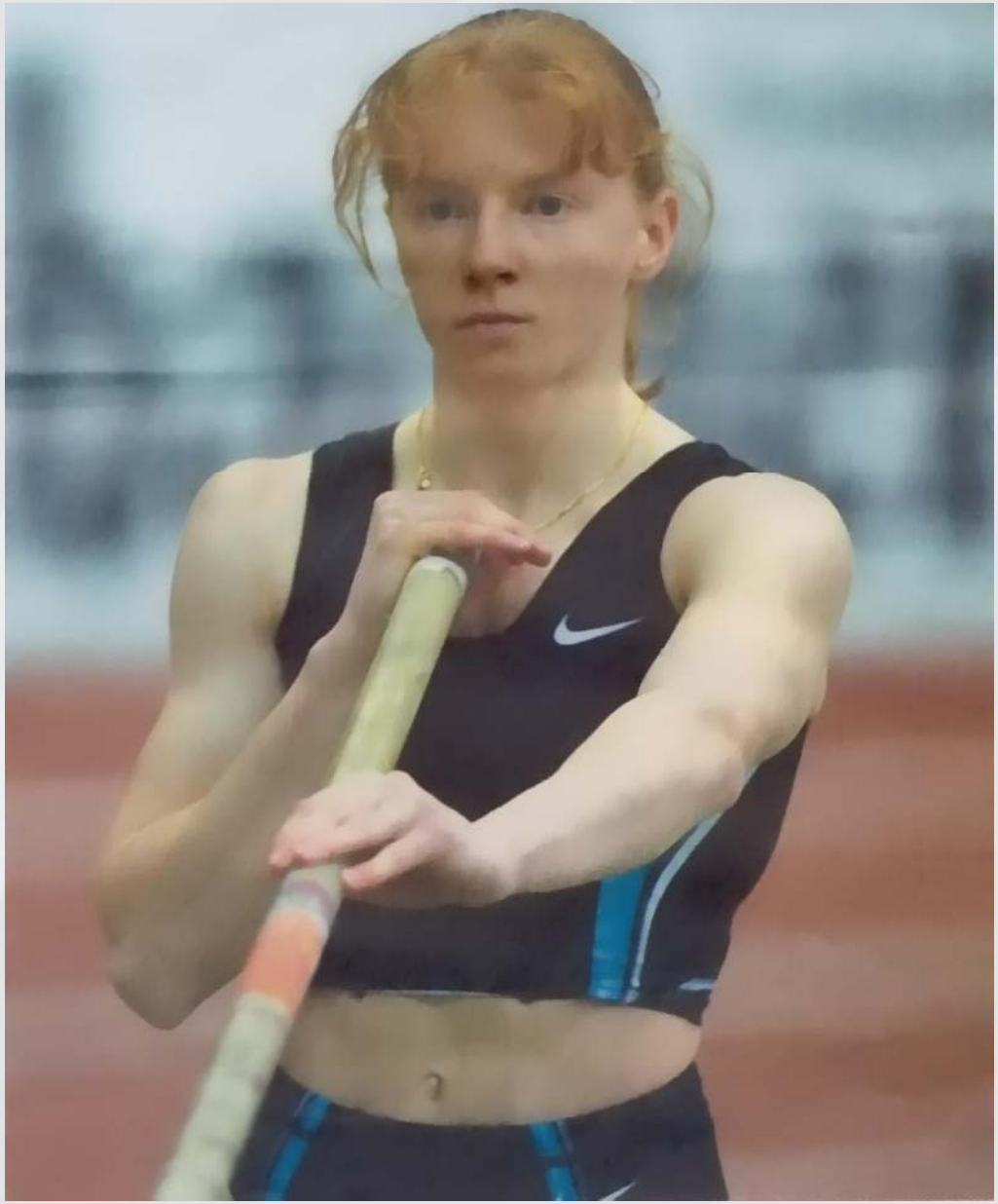
ATHENS 2004

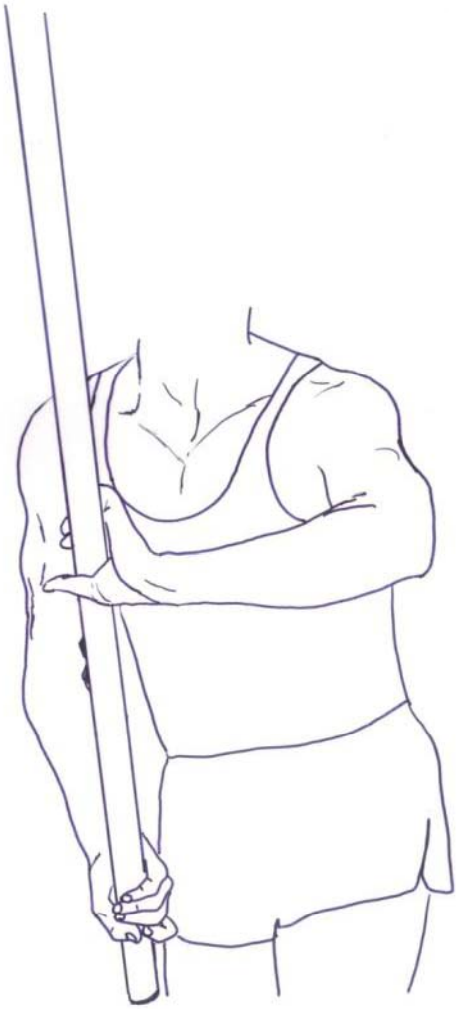


USA

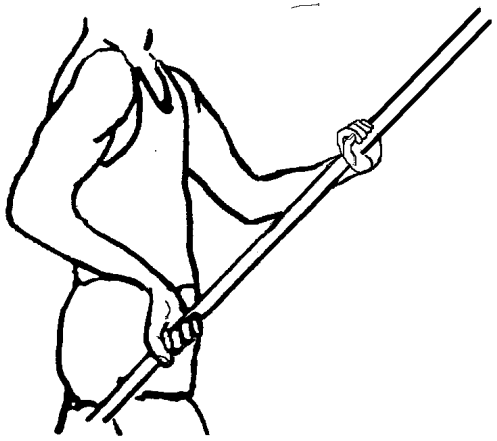

GLOBAL
ATHLETICS
IAAF World
Indoor Championships
BUDAPEST
2004
© 2003
DIMA

ATHENS 2004





Dibujo 2



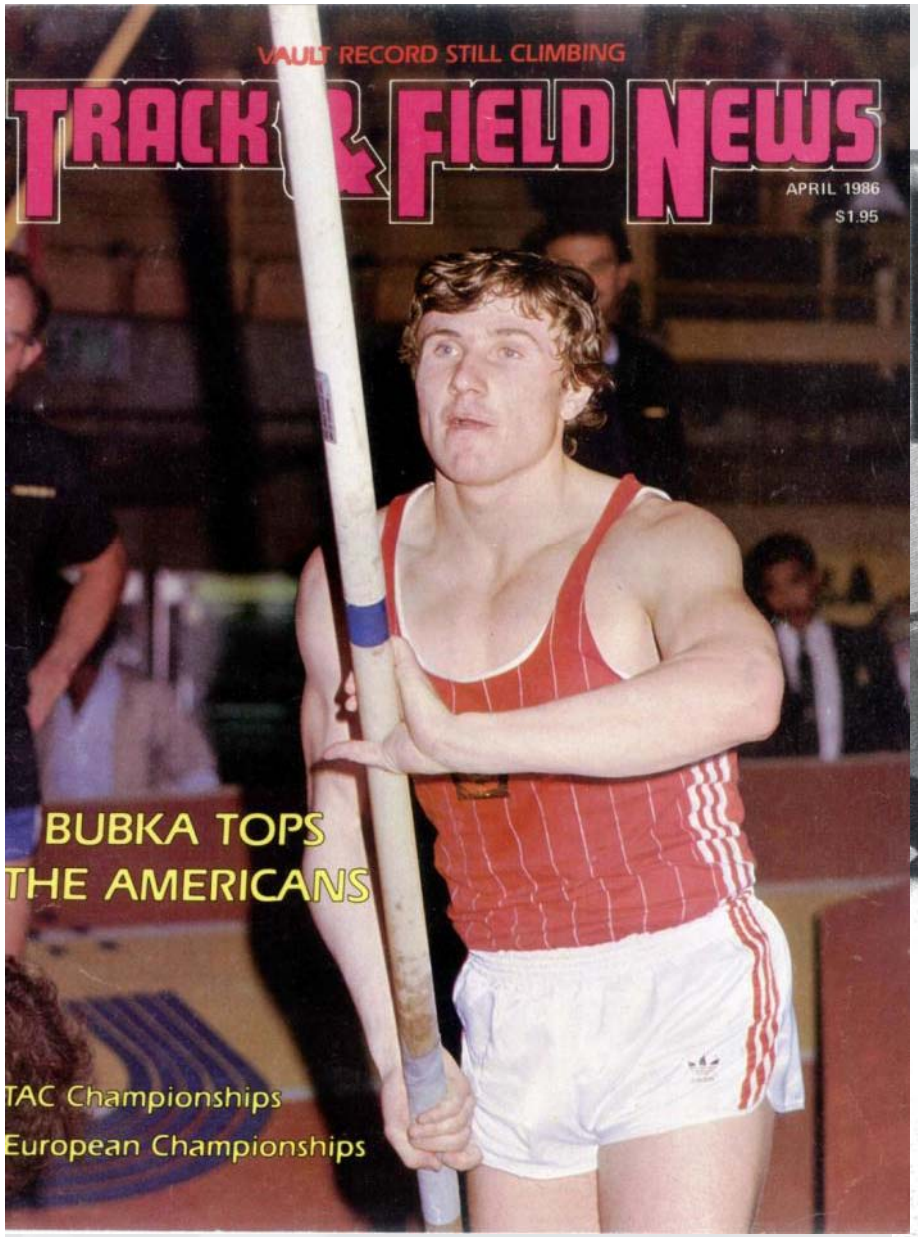
Dibujo 3

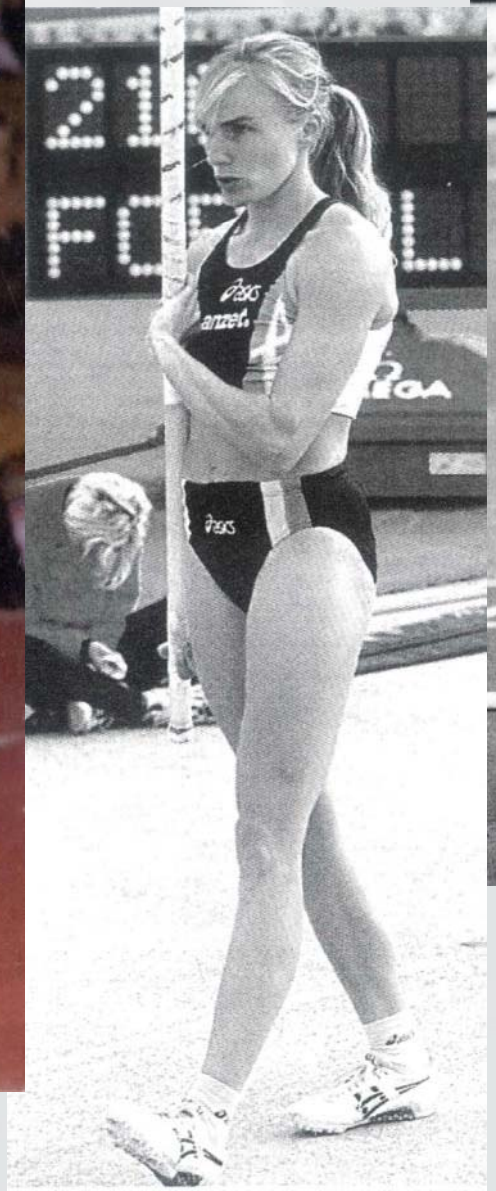
video

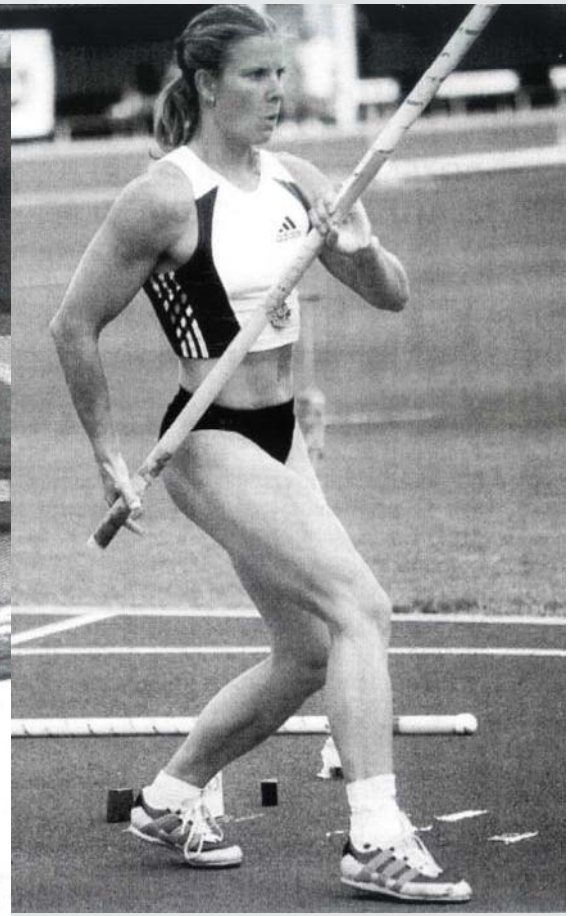
asics

ervicios, Gestionamos Mejor.

2


VAULT RECORD STILL CLIMBING
TRACK & FIELD NEWS
APRIL 1986
$1.95
BUBKA TOPS
THE AMERICANS
TAC Championships
European Championships





HERSHEY'S
TRACK & FIELD GAMES
USA
erca for PoleVaultPower.c

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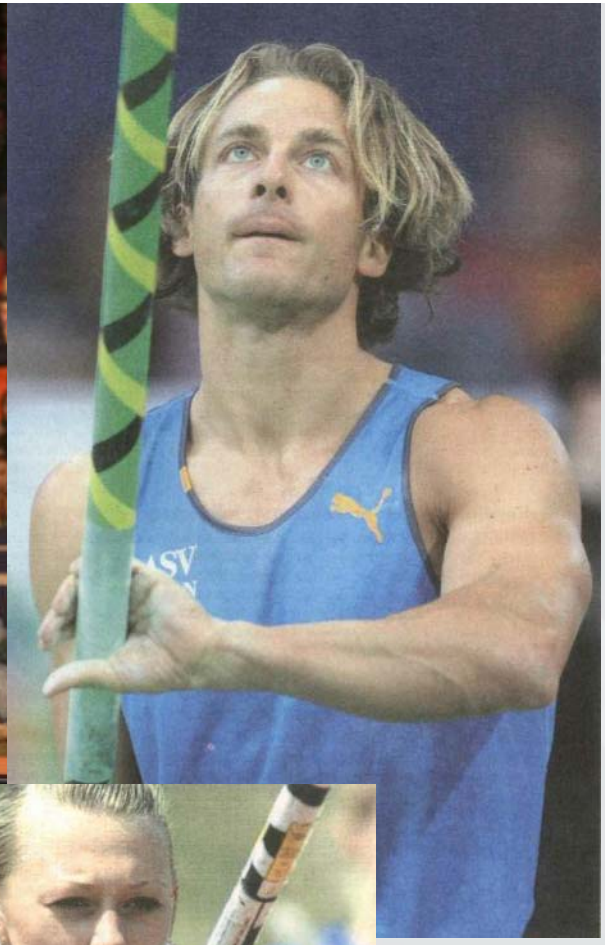
PUMA

gettyimages

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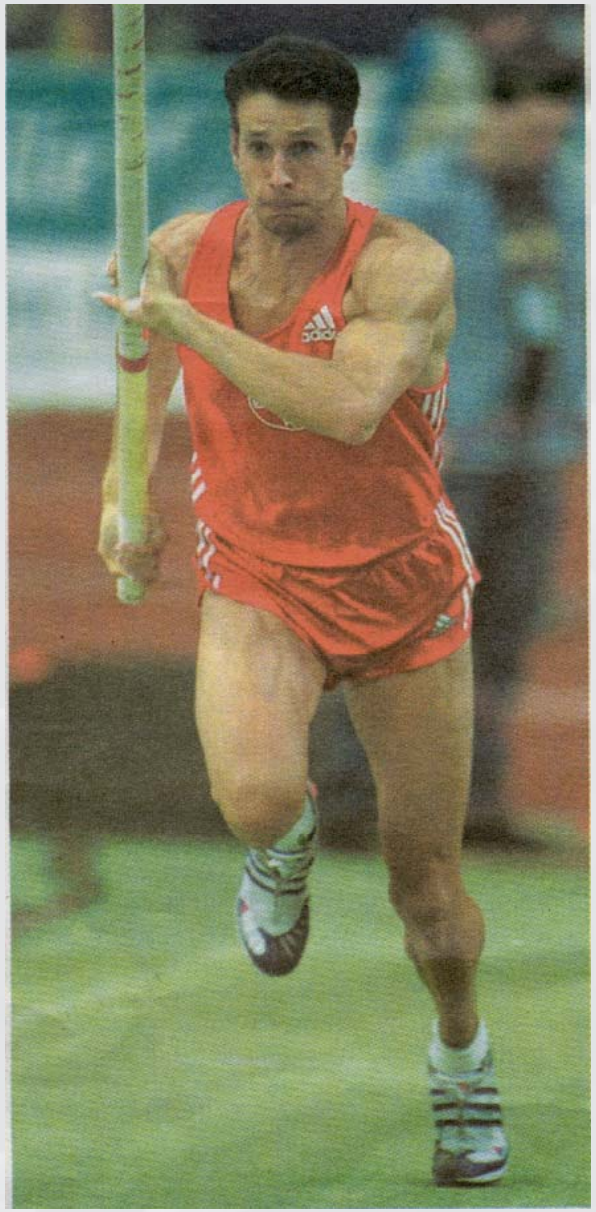
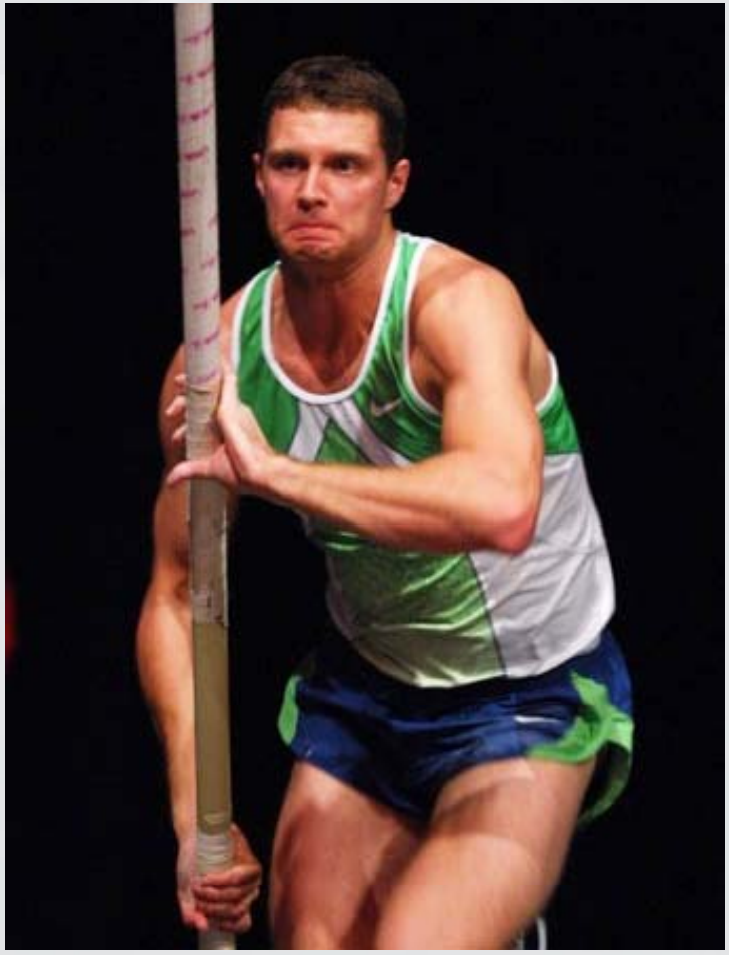
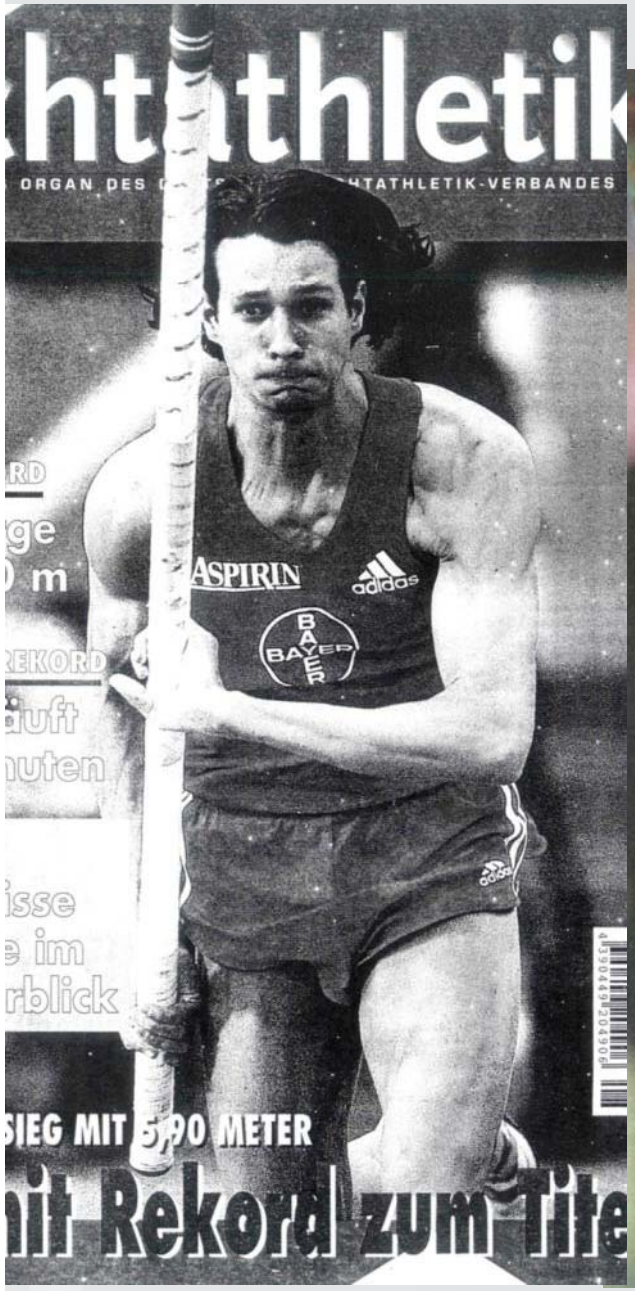
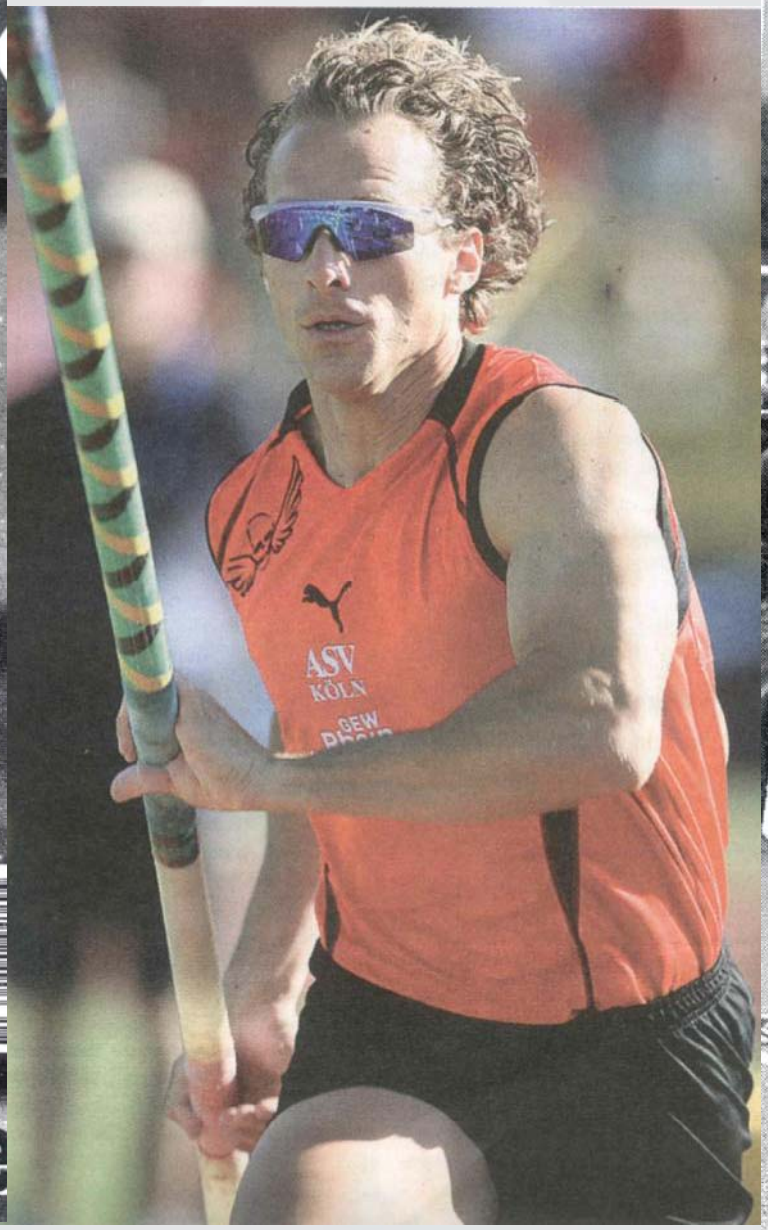




Michael Morrison's 17-6½ was the year's highest vault


htathletik
ORGAN DES
HTATHLETIK-VERBANDES
ASPIRIN
adidas
BAYER
SIEG MIT 5,90 METER
mit Rekord zum Tite


ASV
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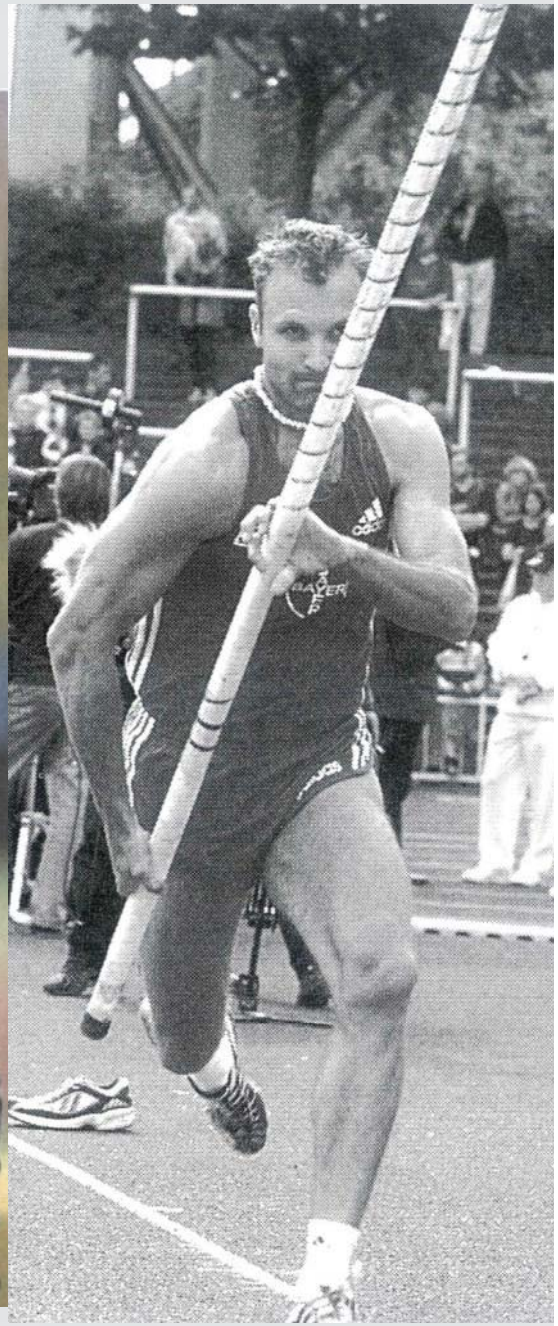
adidas
BAYER

McCorory
is all over
the sprint
lists

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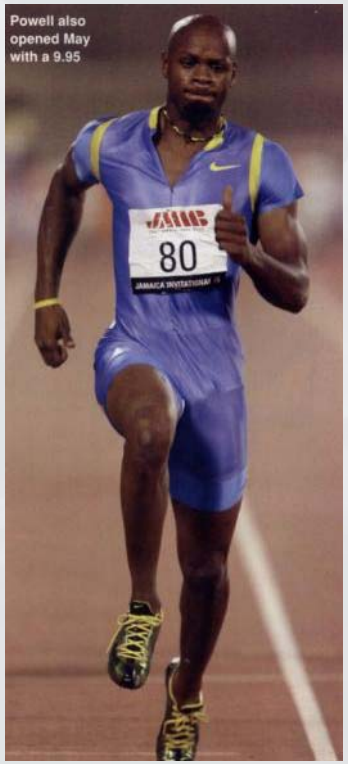
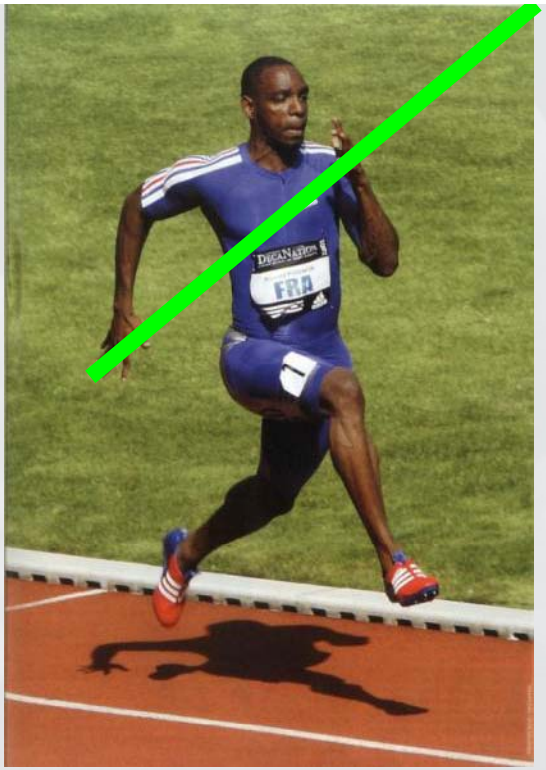

Powell also
opened May
with a 9.95
80

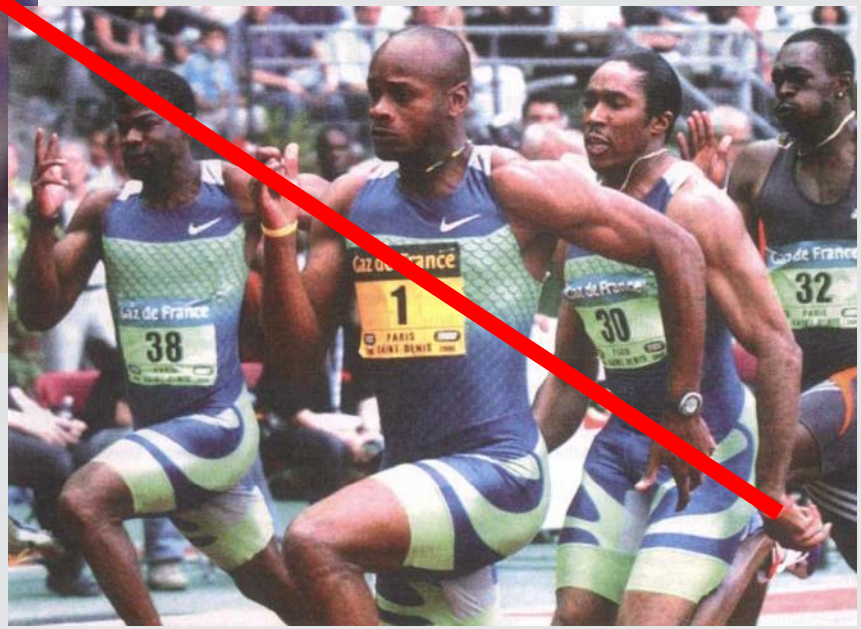
Sparkasse
87
4

127
5
125
Felix held off Richards as
both scored 200 PRs

82
6
8

McCorory
is all over
the sprint
lists
McCorory


FRA


38
1
30
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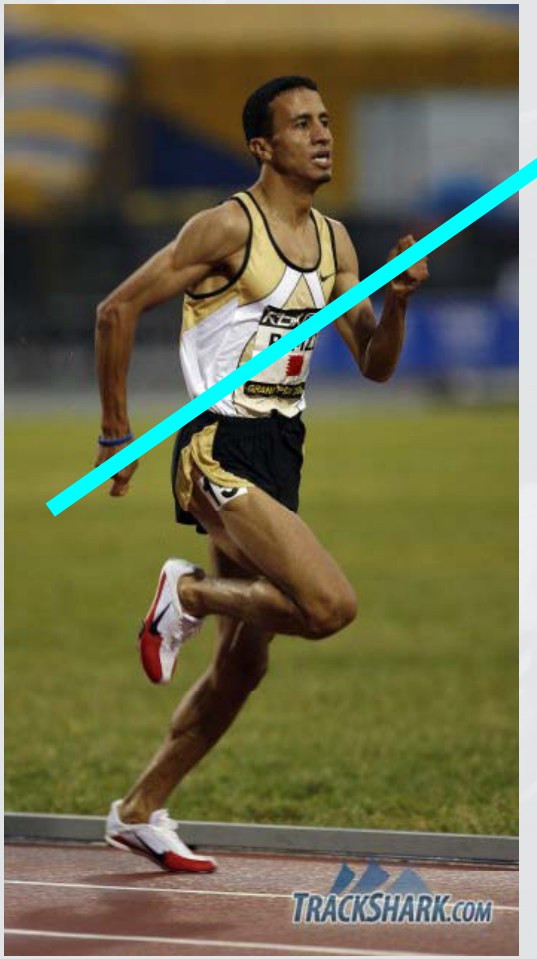
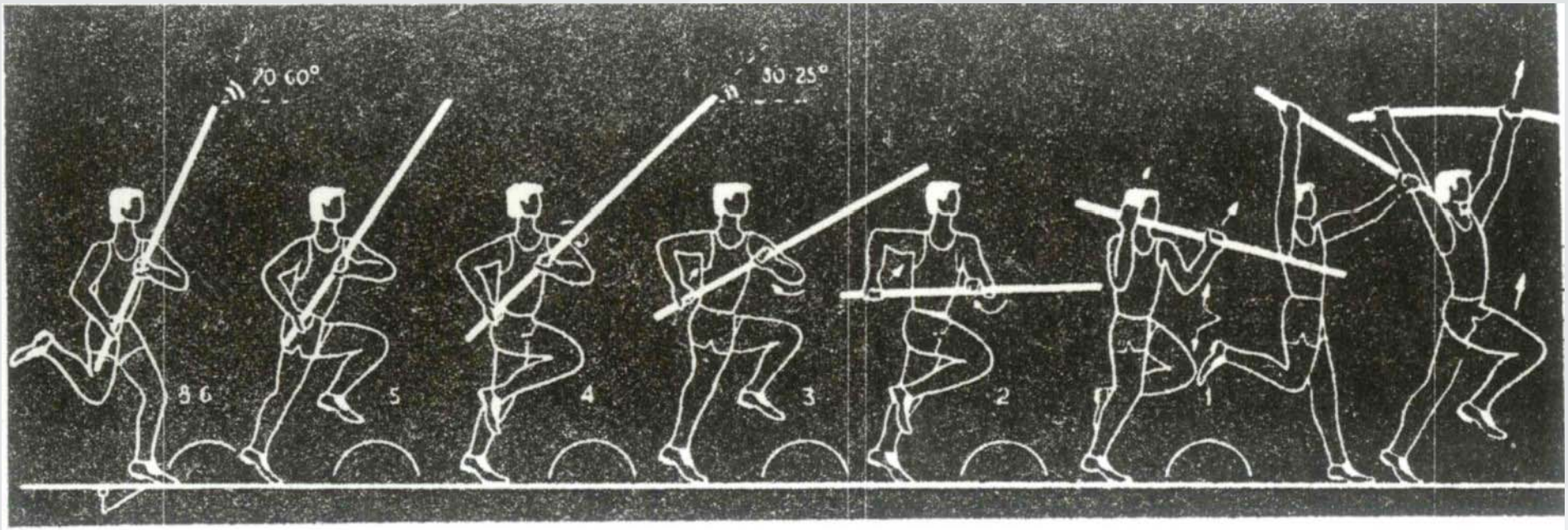
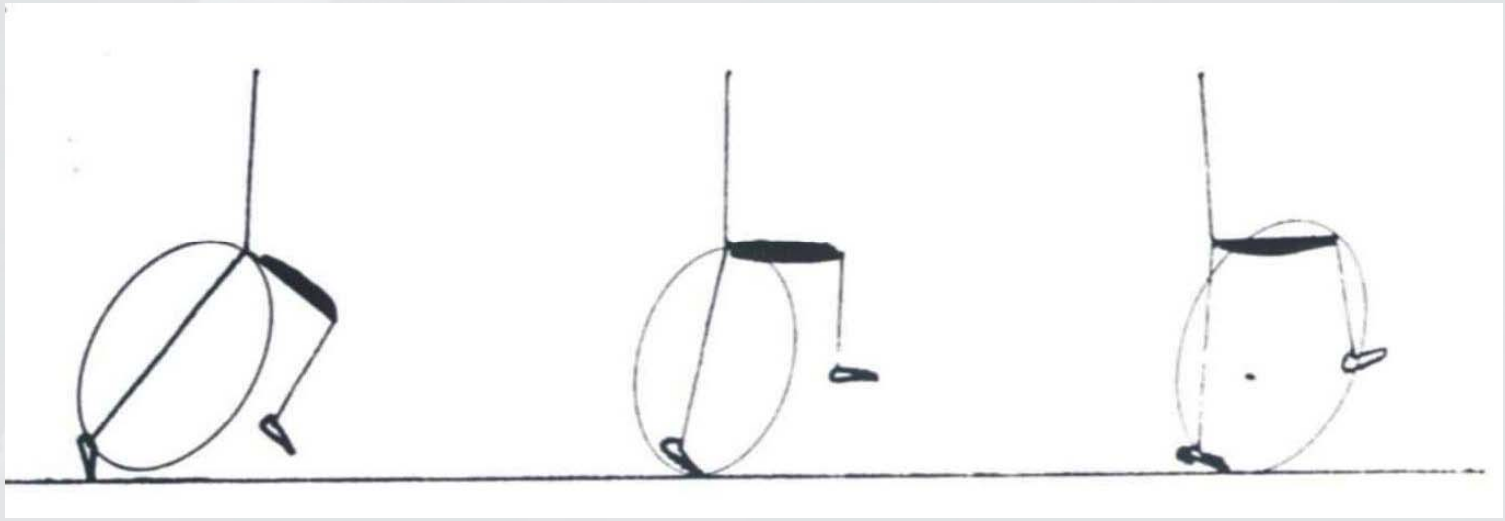

TRACKSHARK.COM



ZANCADAS

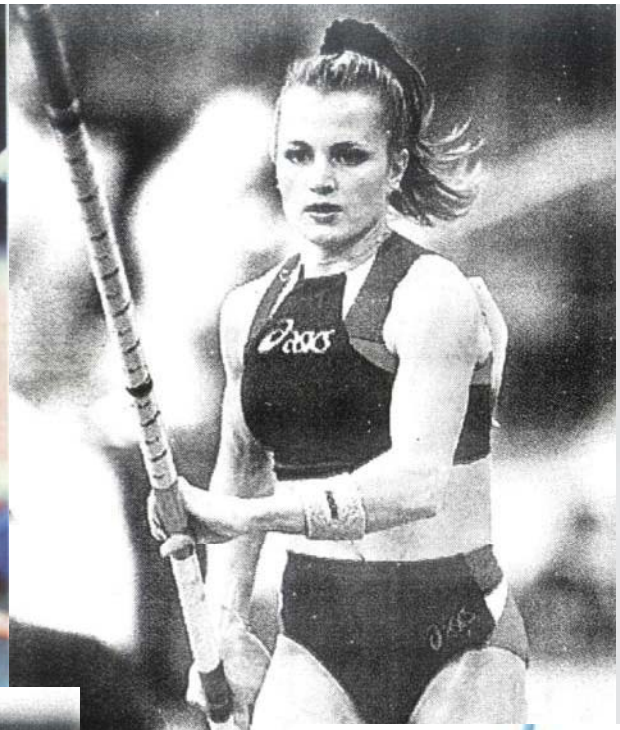
BATIDA

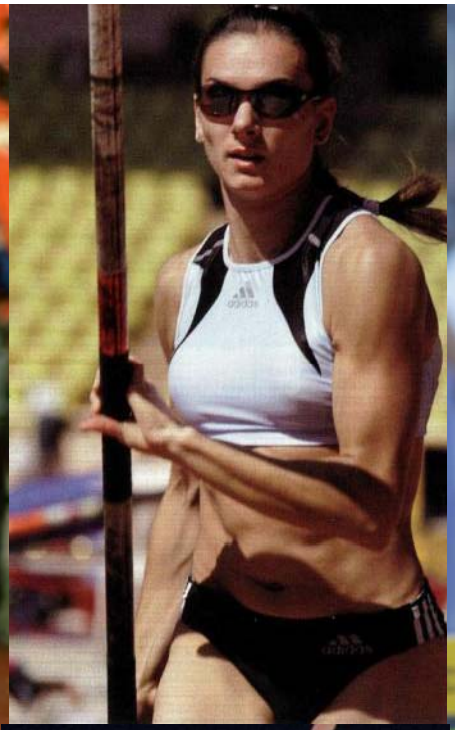


Carrera y transporte de la pértiga

Dos sistemas en carrera: desequilibrio

- Piernas
  - A favor de la gravedad
  - Más fuertes que los brazos
  - Carga de la pértiga repartida
  - Ciclo normal de carrera + batida
- Brazos
  - En contra de la gravedad
  - Menos fuertes que las piernas
  - Carga progresiva de la pértiga Directa
  - Movimiento coordinativamente complicado





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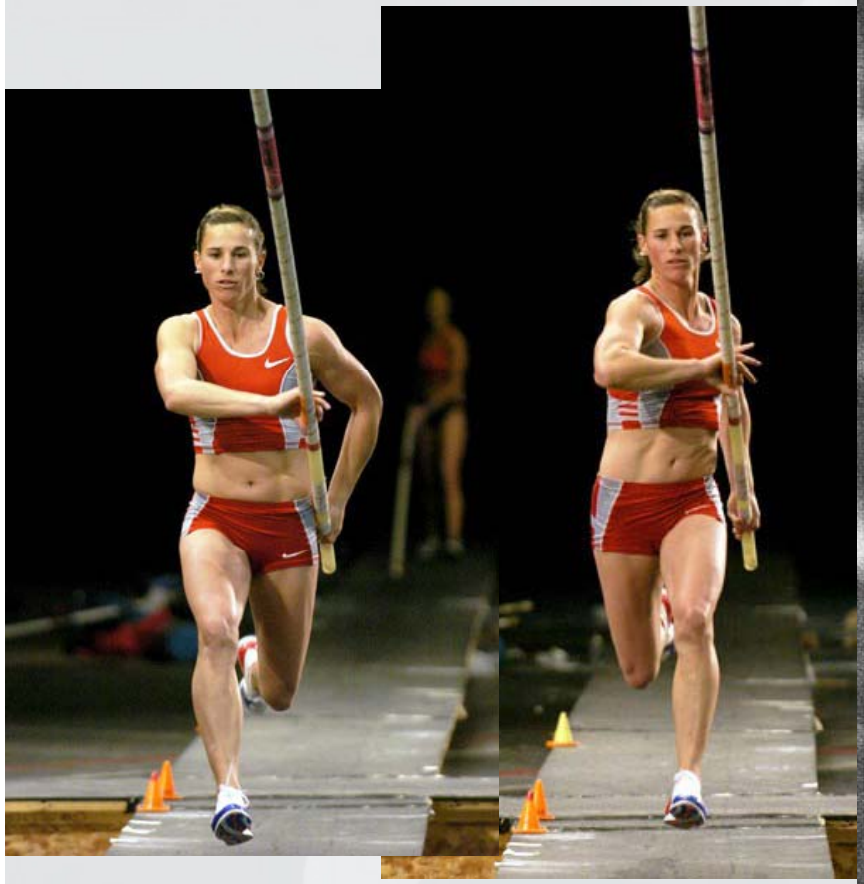

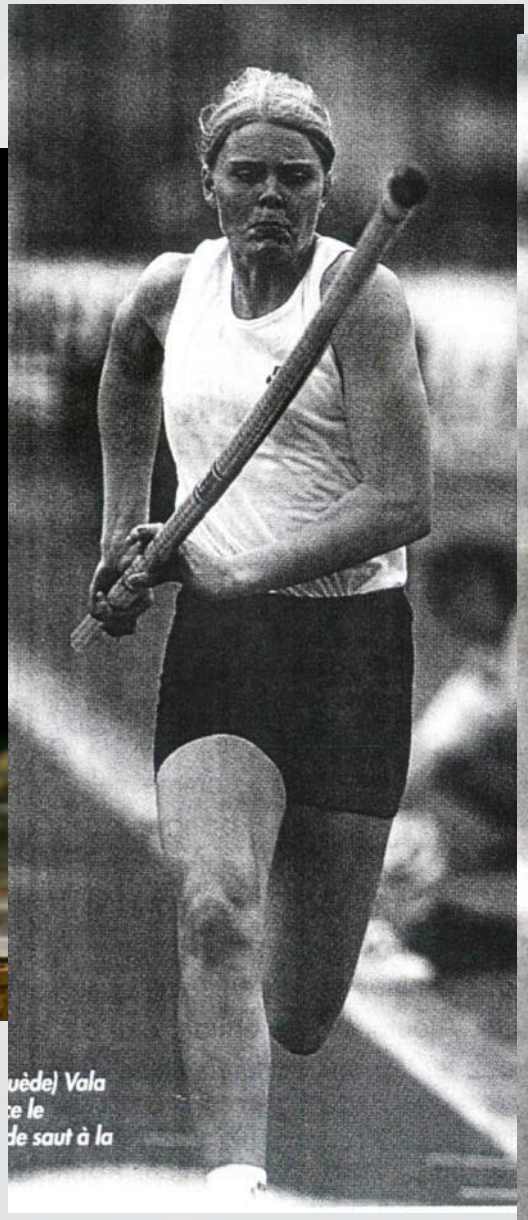

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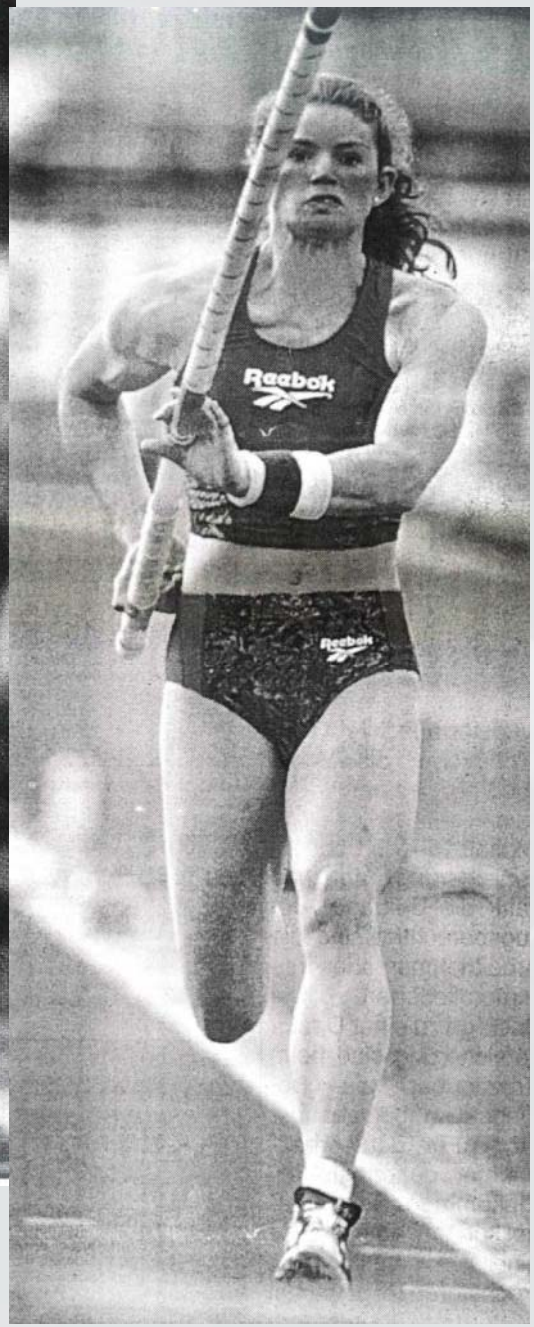

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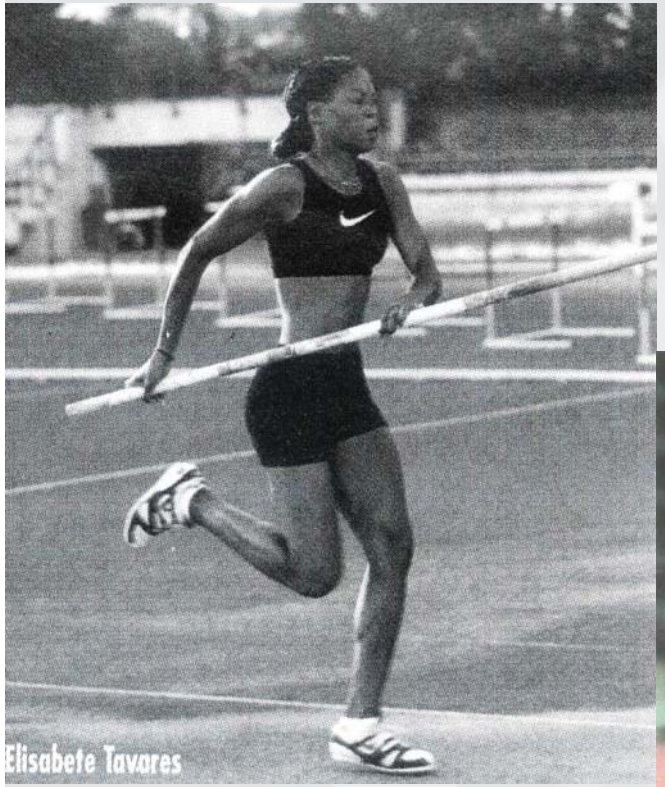
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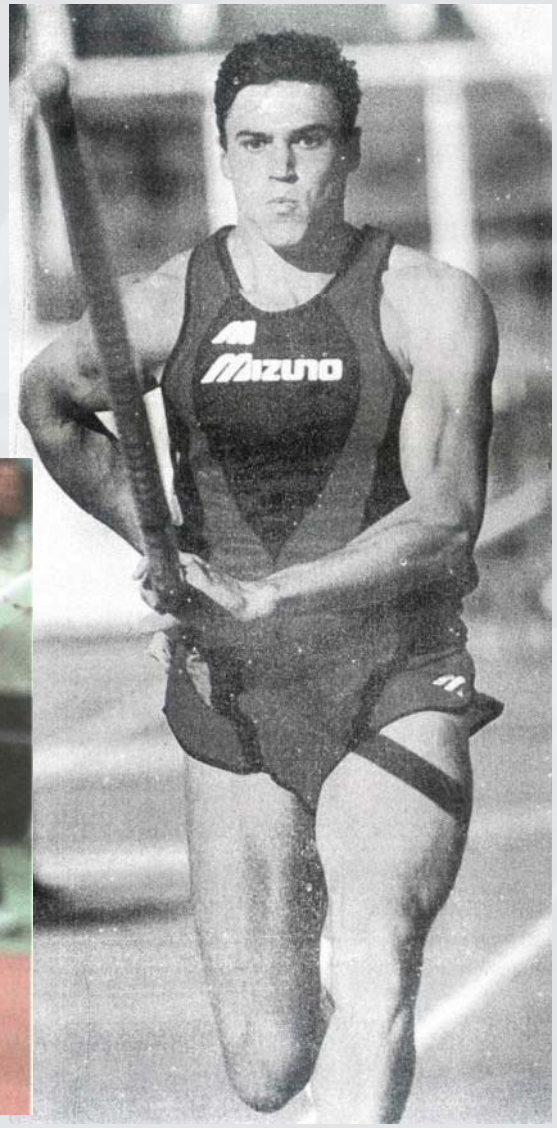
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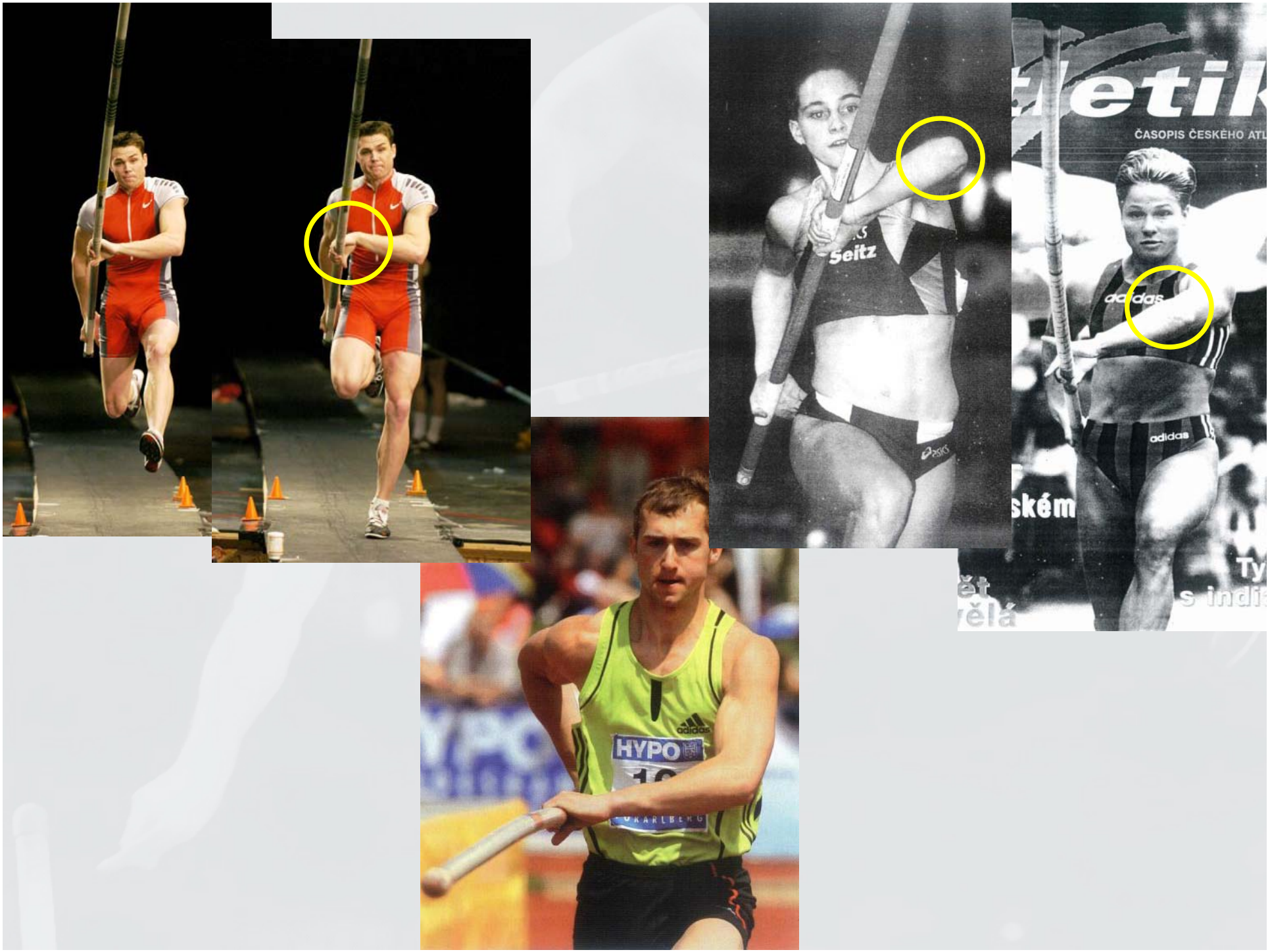
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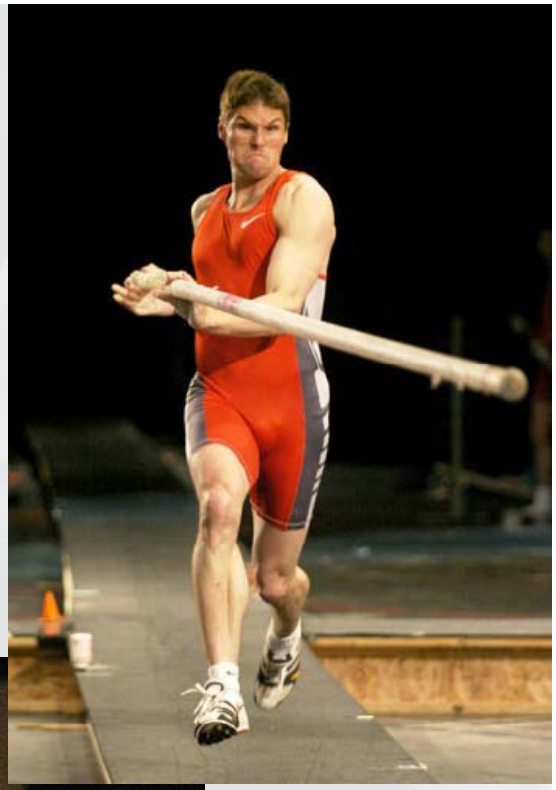

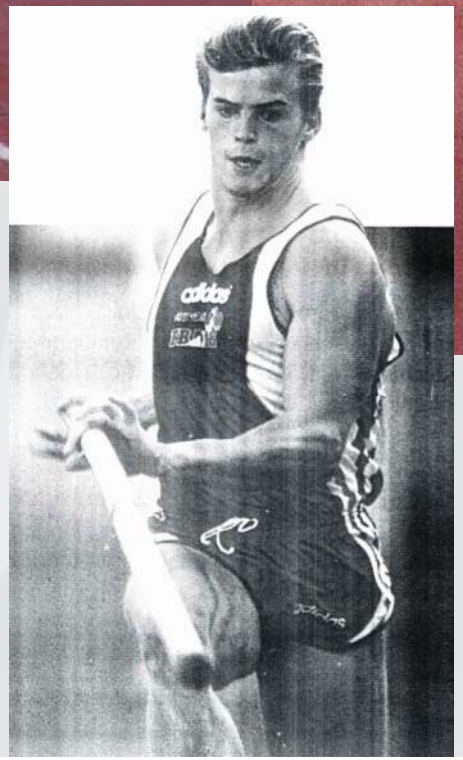
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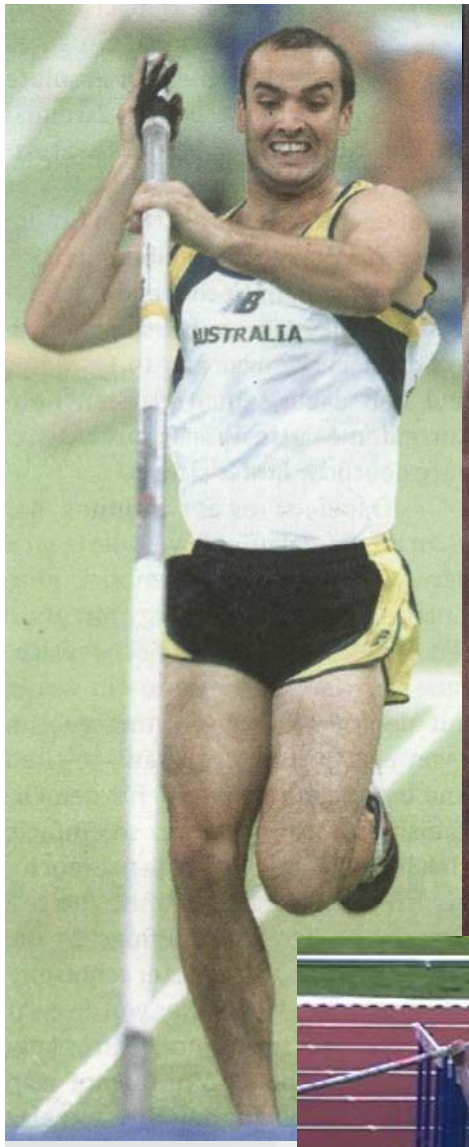
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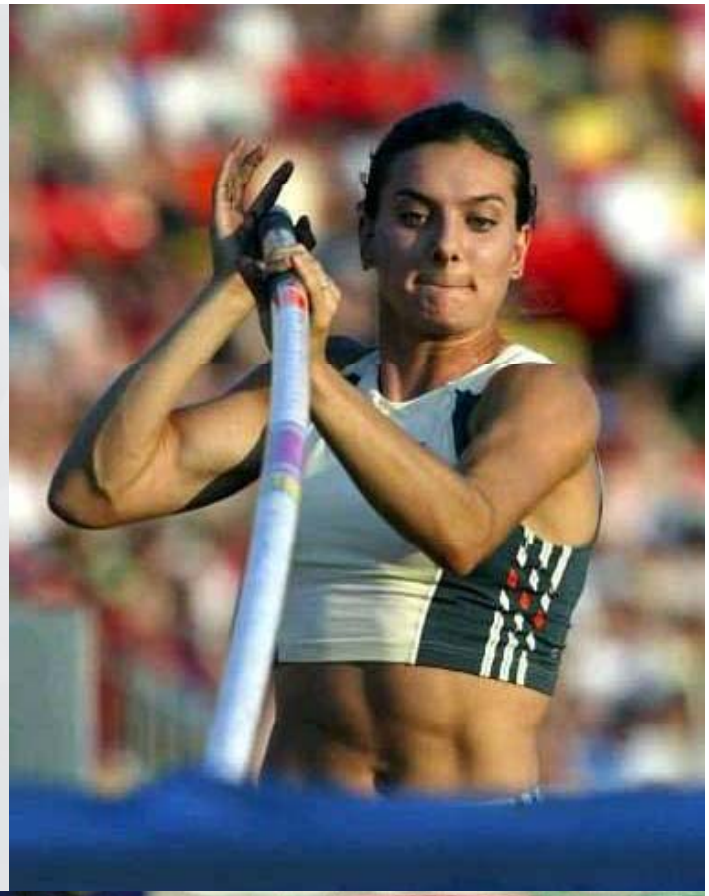

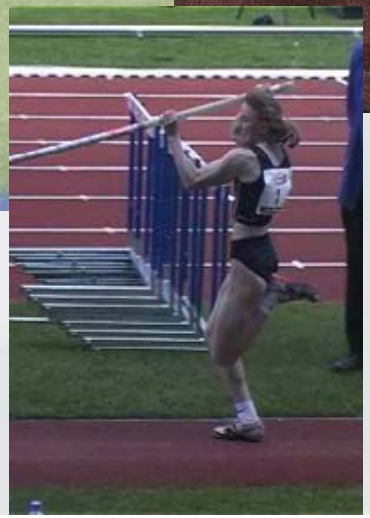

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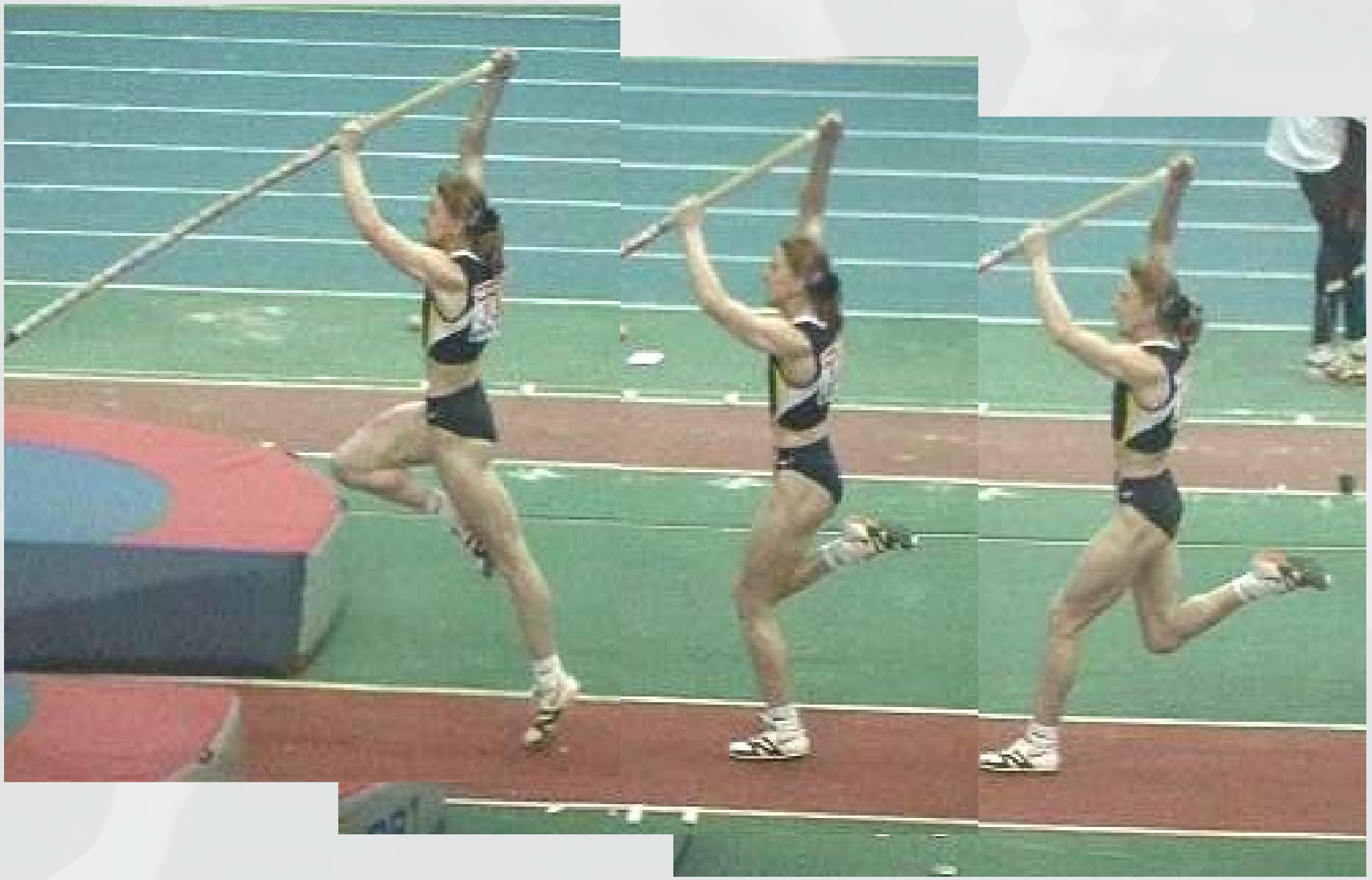
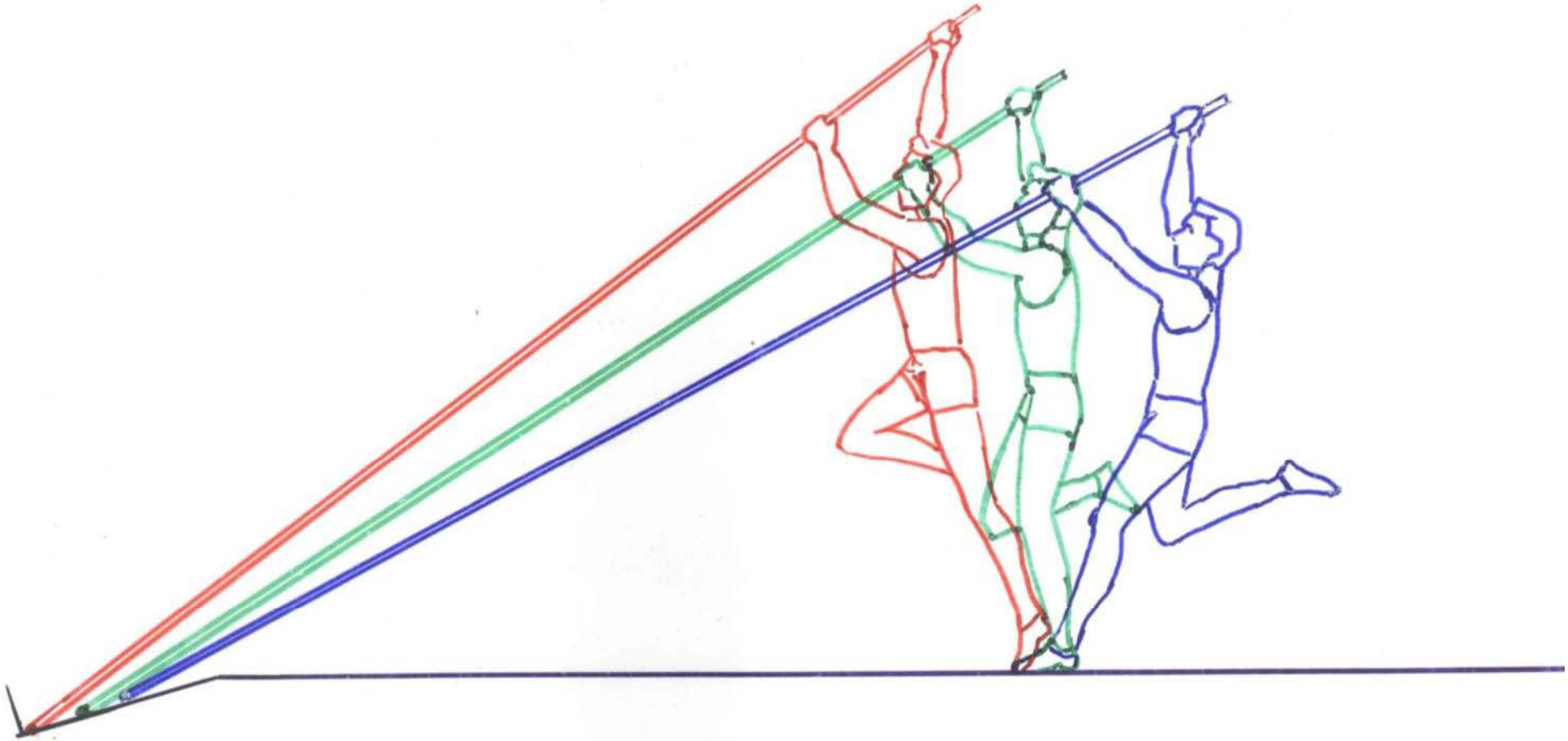
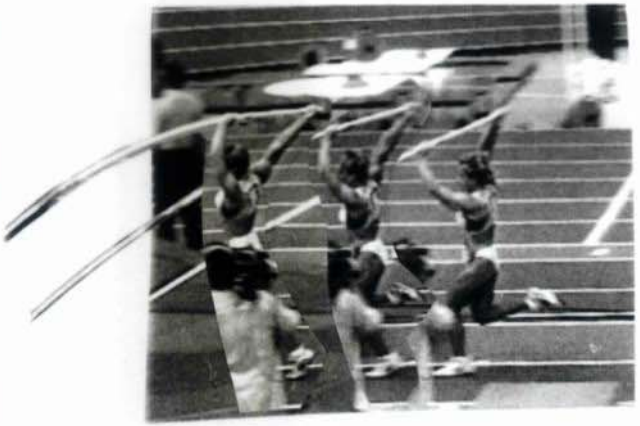
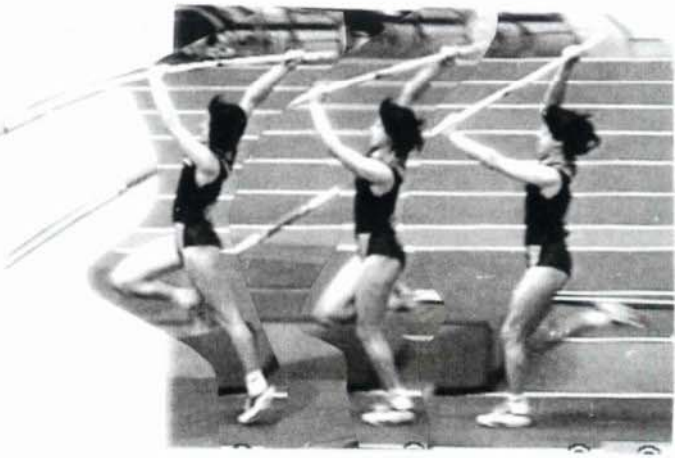
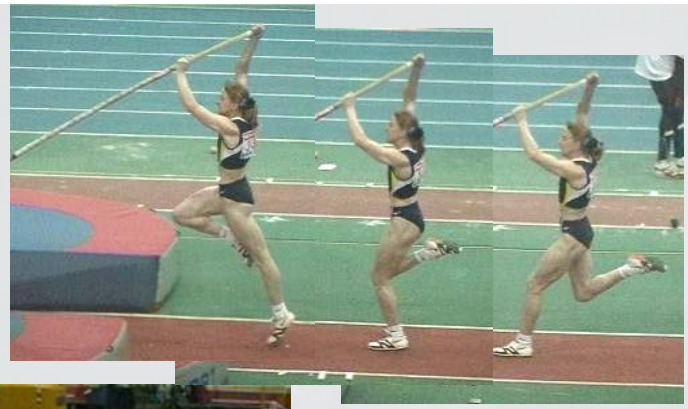




ATHENS 2004







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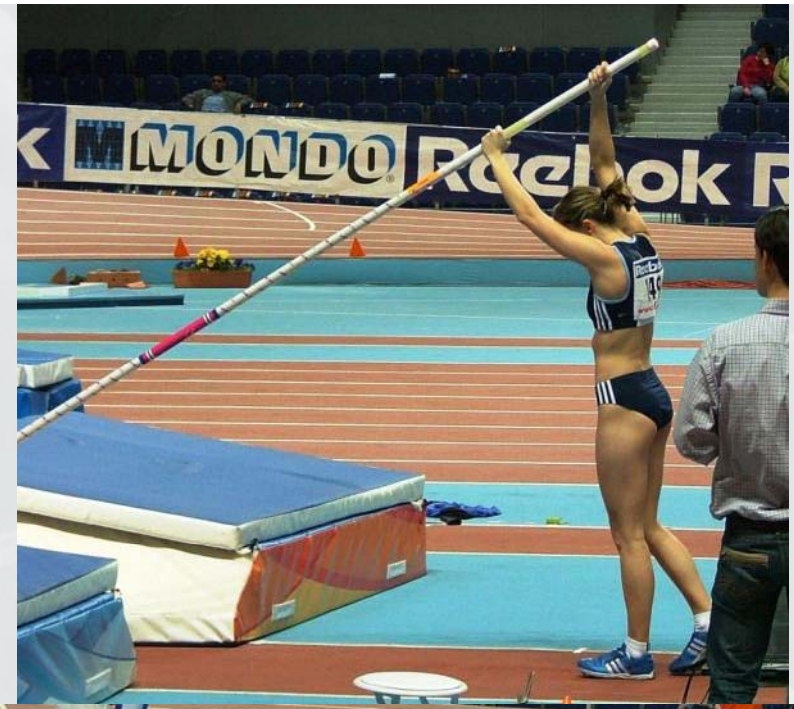
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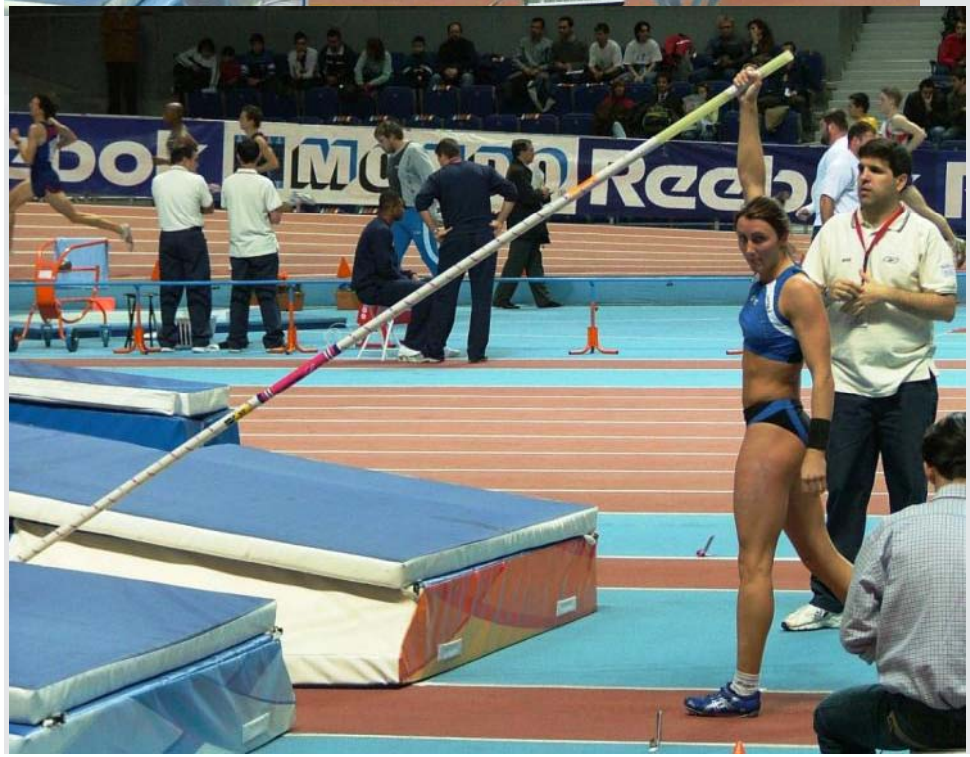
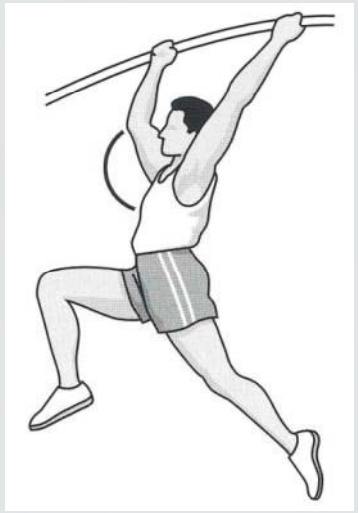


MONDO

La clavada-batida-penetración

- Transmisión de energía
- Abrir el ángulo suelo-pértiga
- Levantar la pértiga hasta el despegue
- No intentar doblar la pértiga
- Batida de penetración
- Abrir el ángulo del brazo inferior

La clavada-batida-penetración



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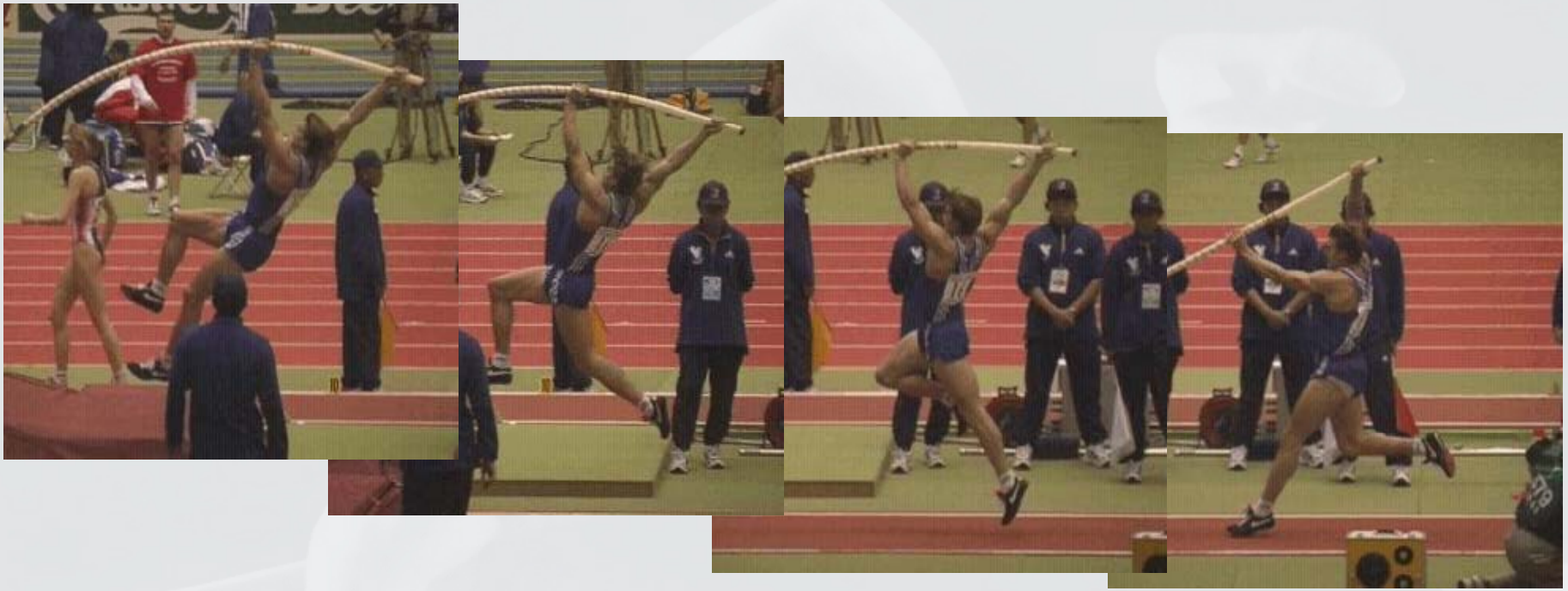

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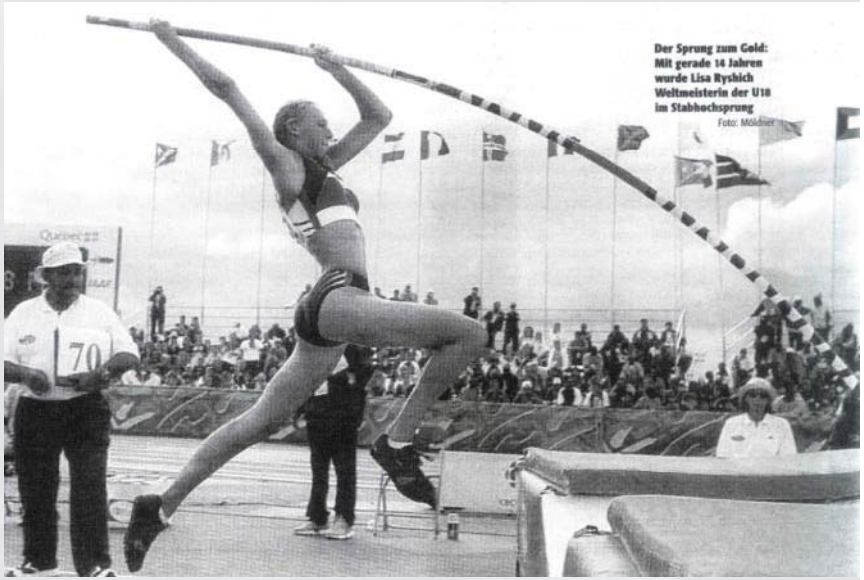
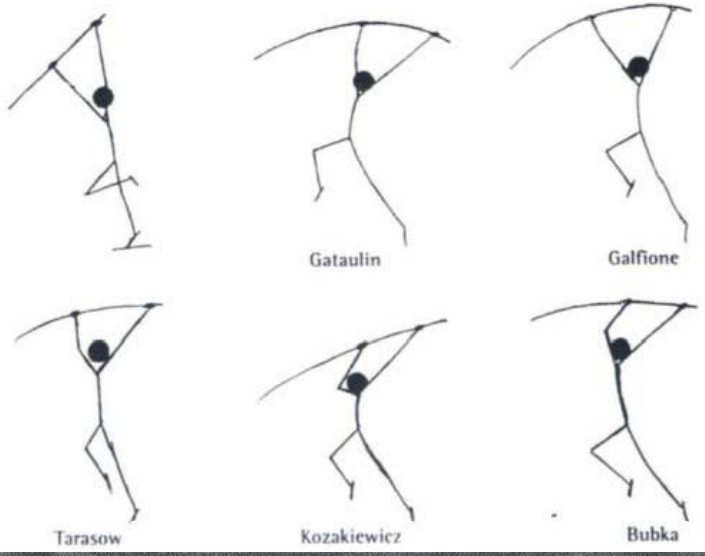


Der Sprung zum Gold: Mit gerade 14 Jahren wurde Lisa Ryshich Weltmeisterin der U18 im Stabhochsprung

Foto: Mödlinger


Gataulin
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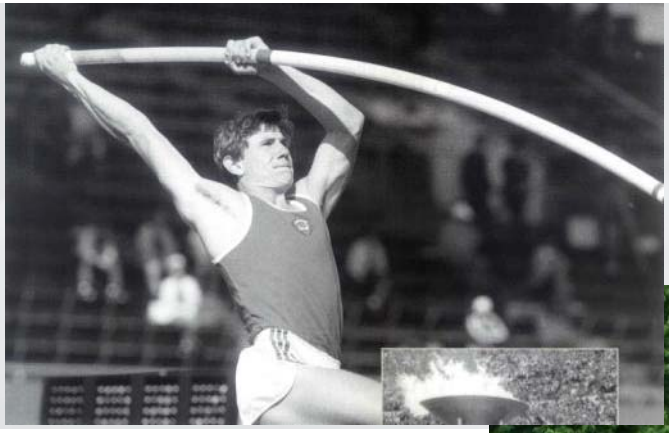
Kozakiewicz
Bubka



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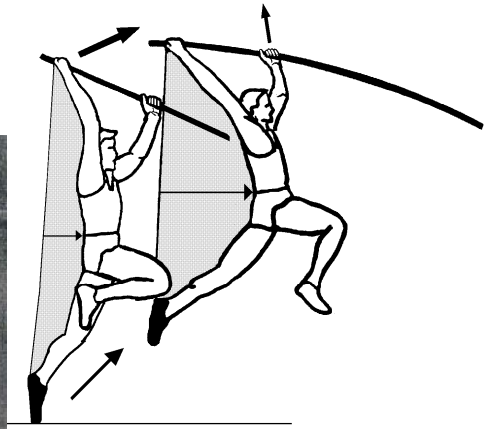

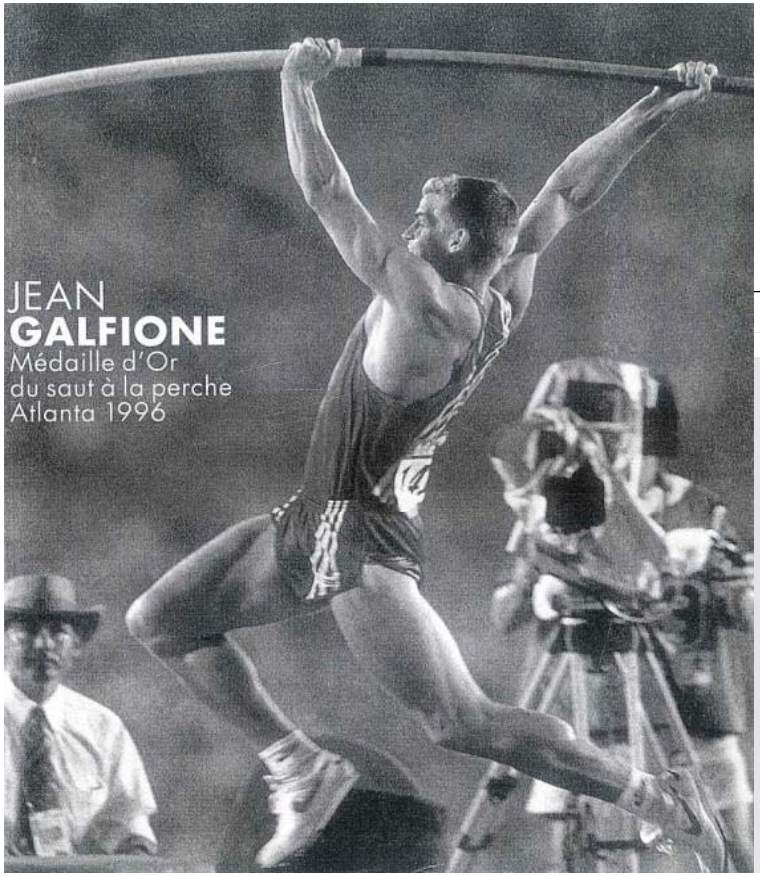
JEAN
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du saut à la perche
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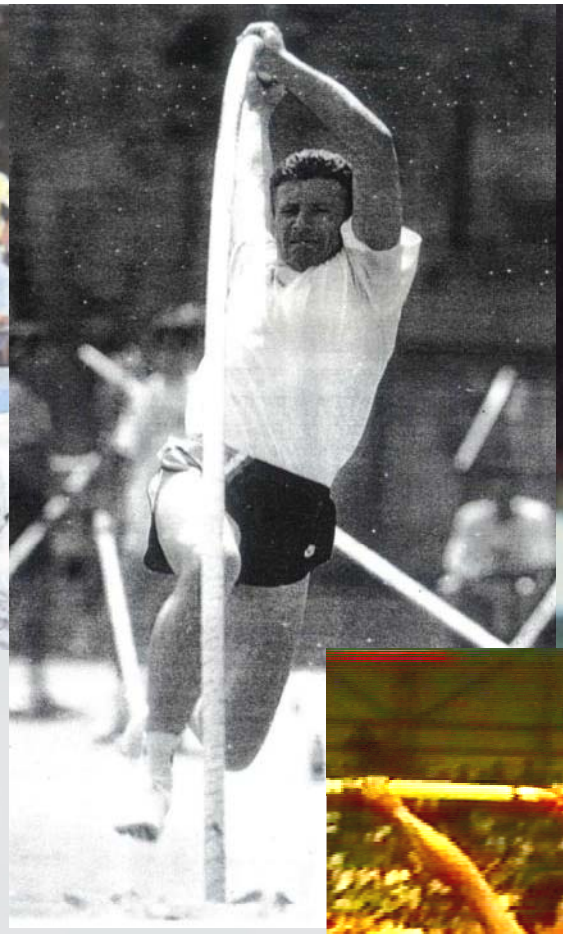

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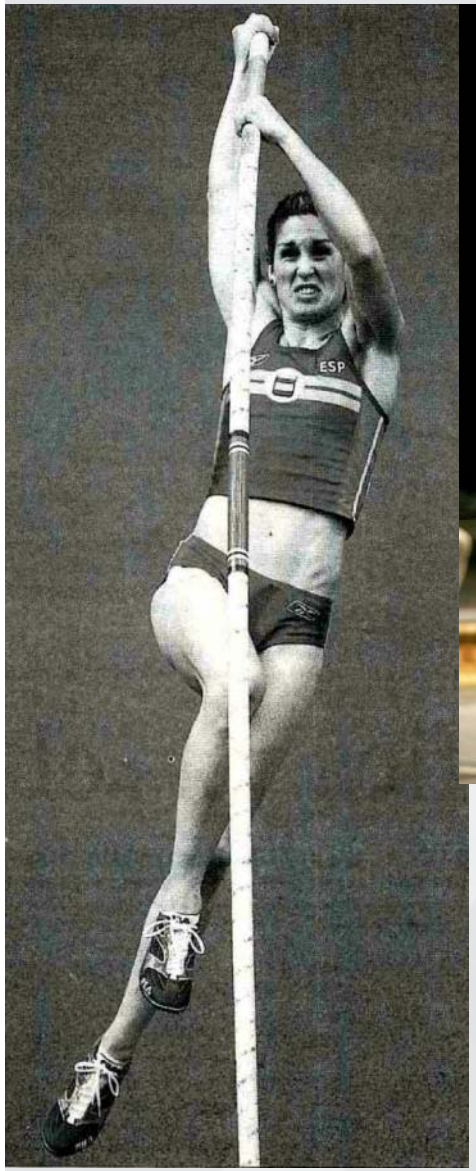
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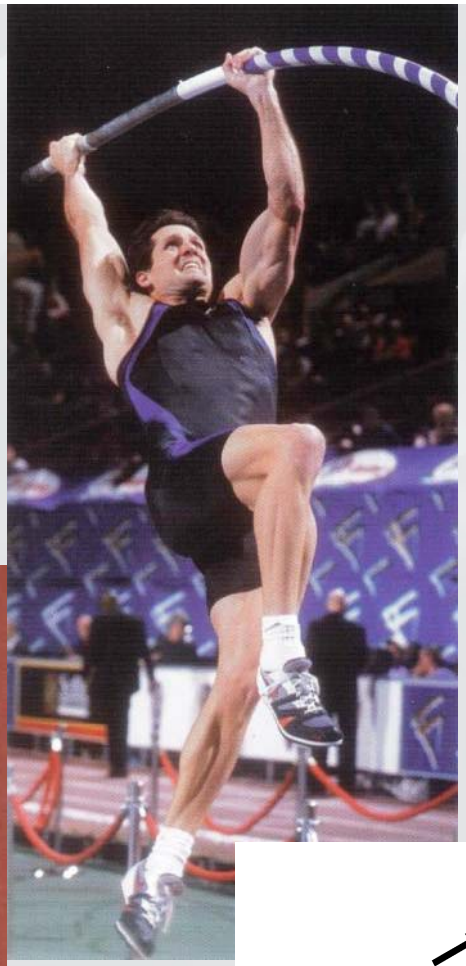

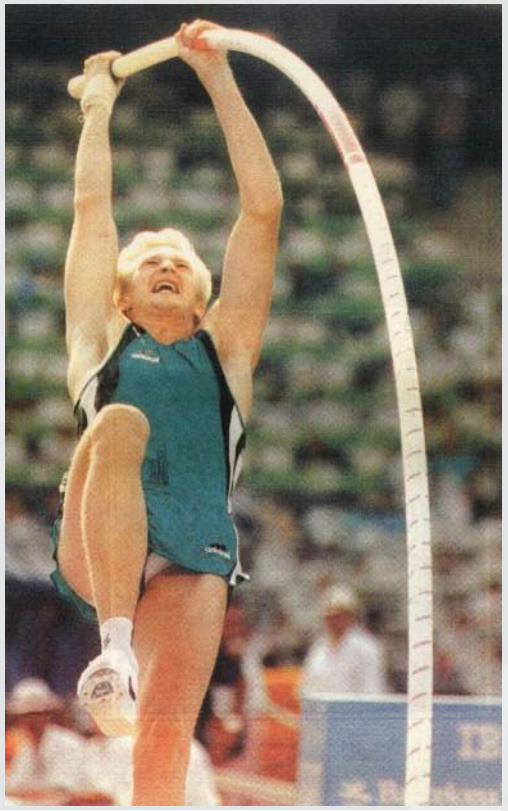

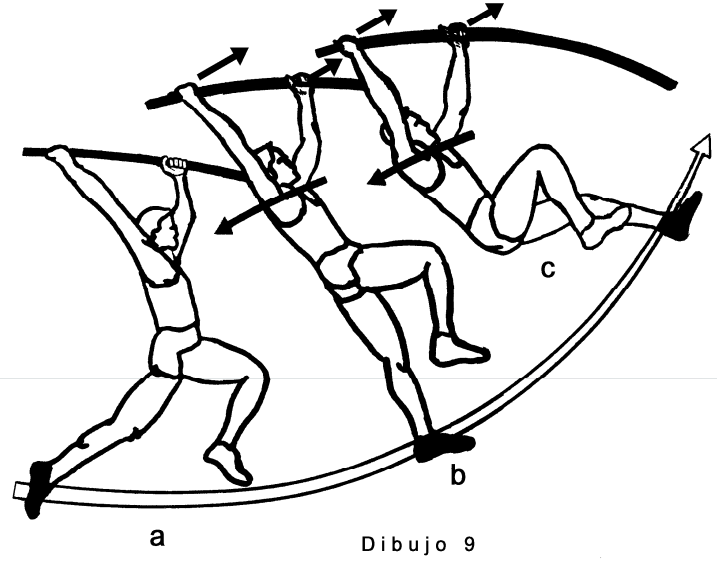

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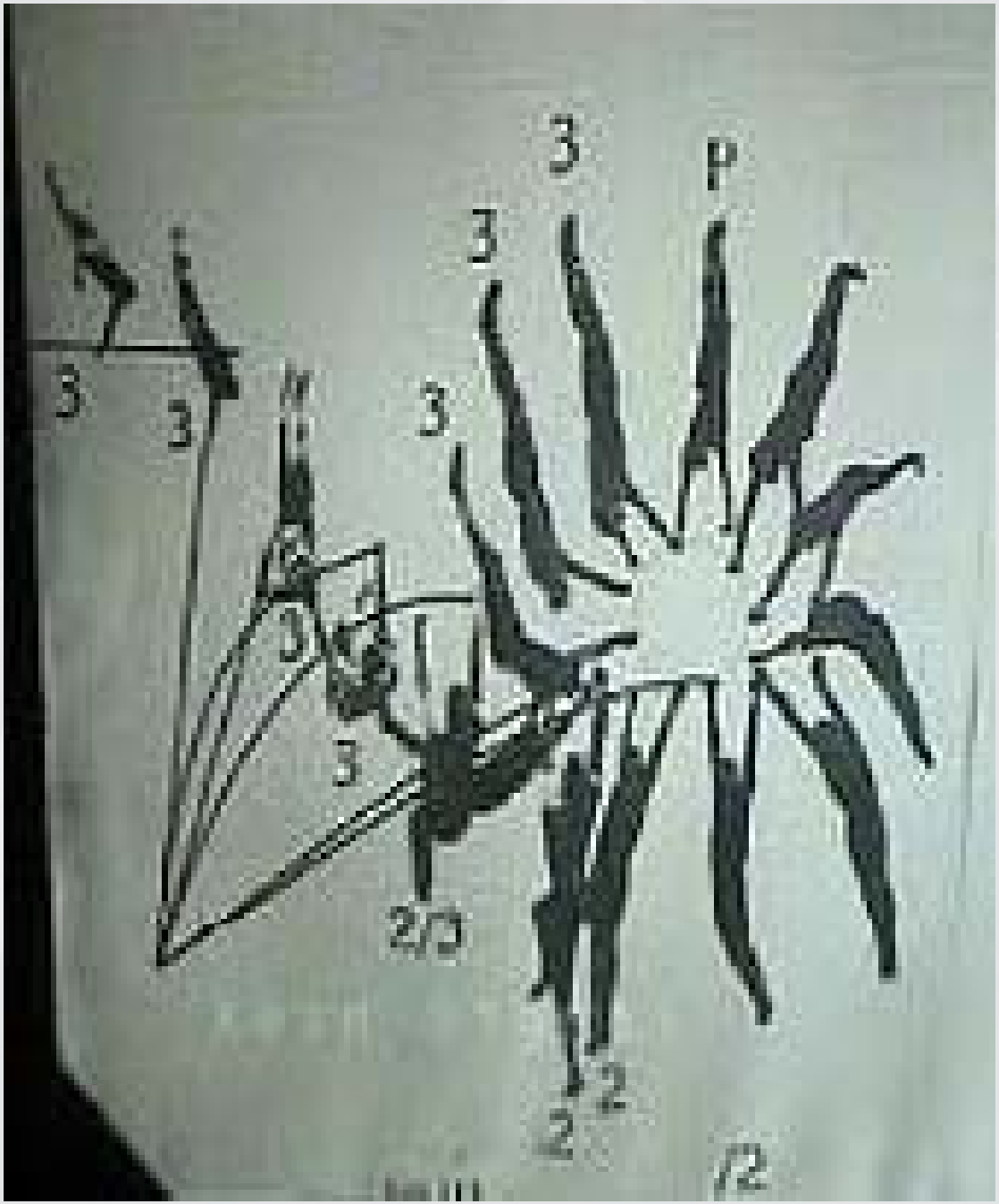
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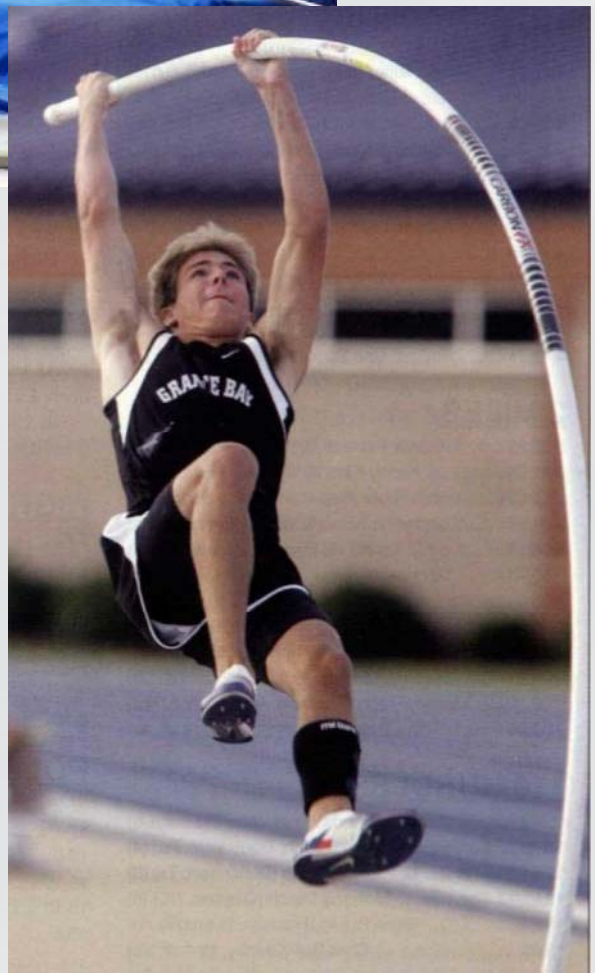

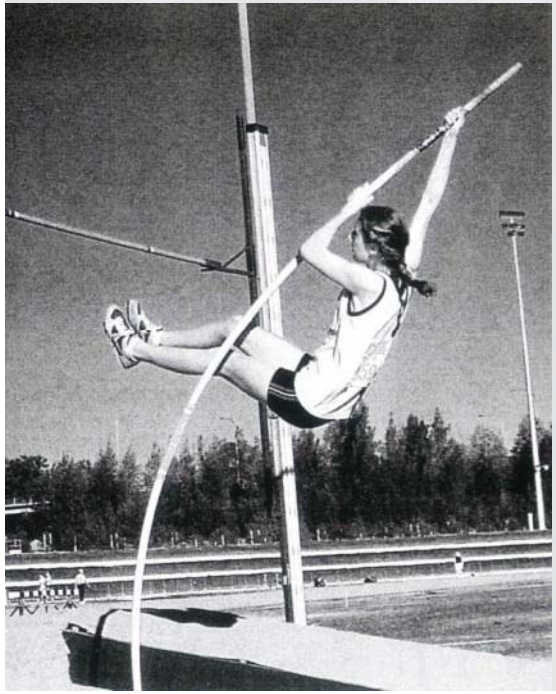

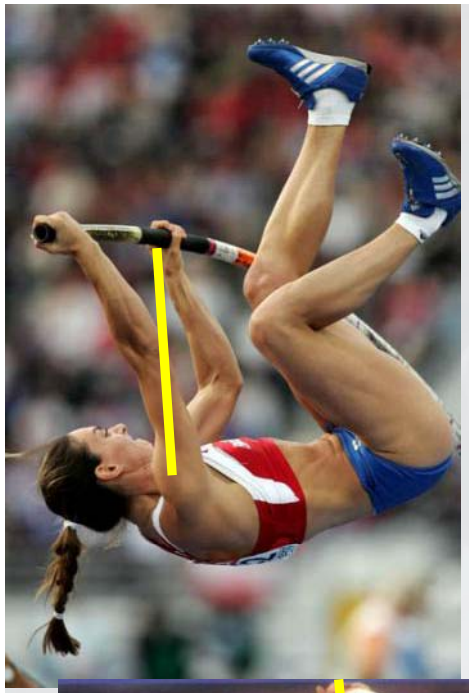

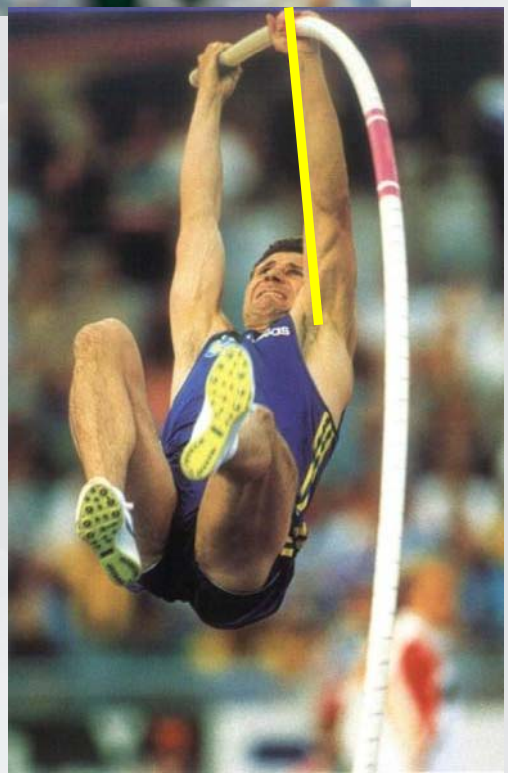

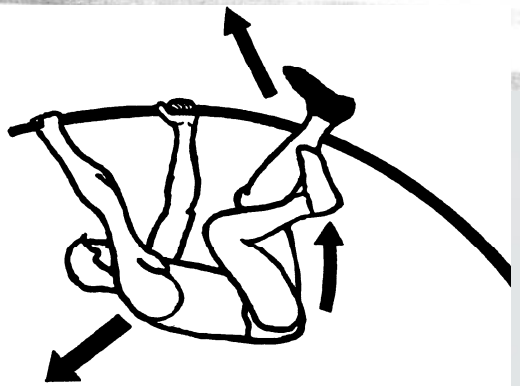

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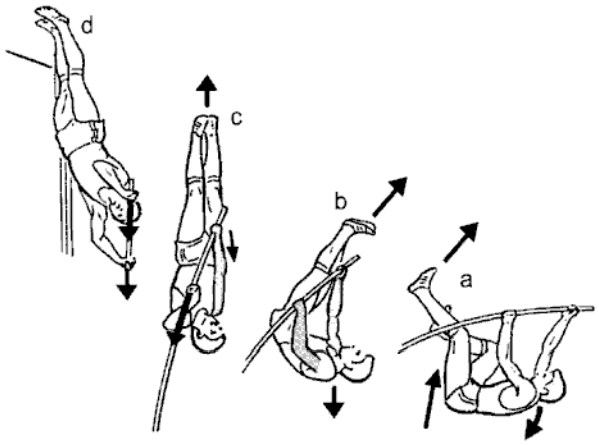

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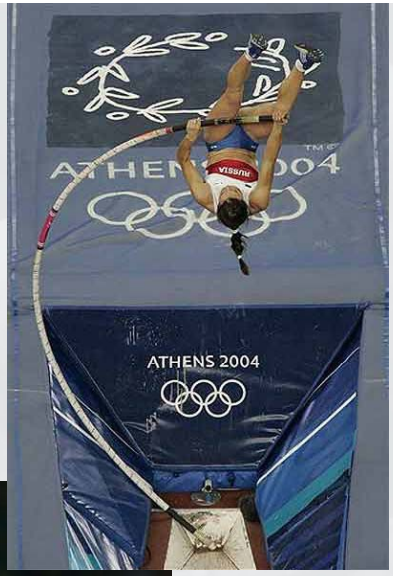

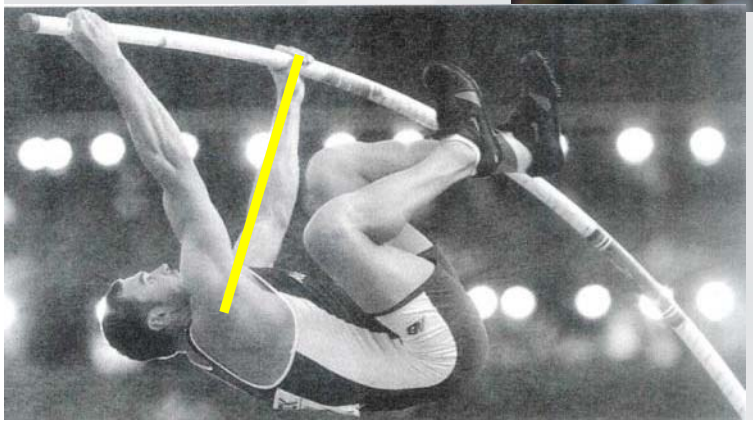

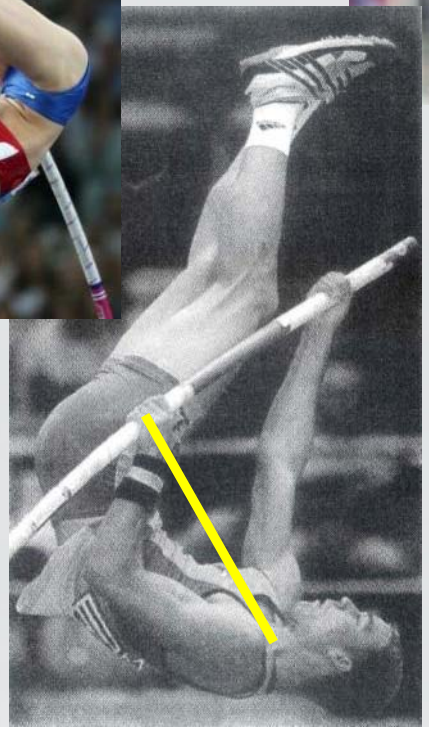

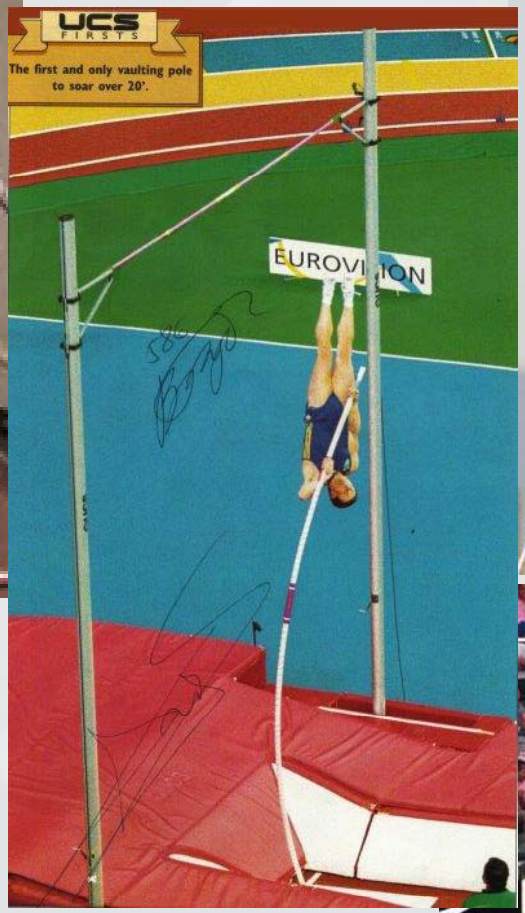
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FIRSTS
The first and only vaulting pole to soar over 20'.

INTER SPORT
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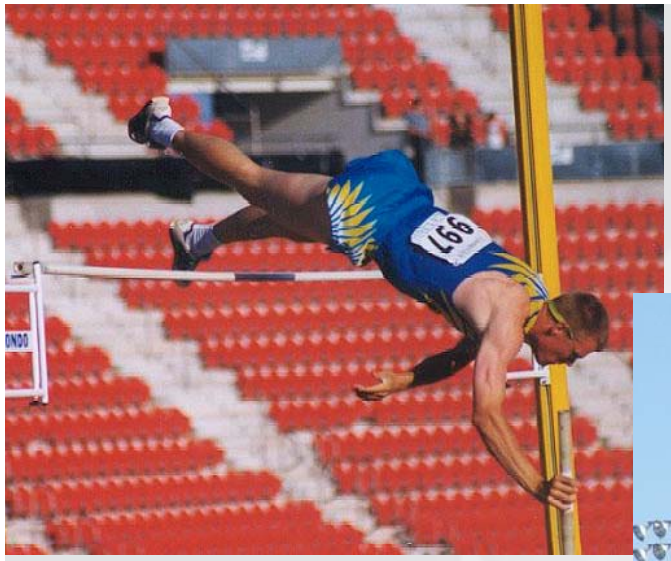
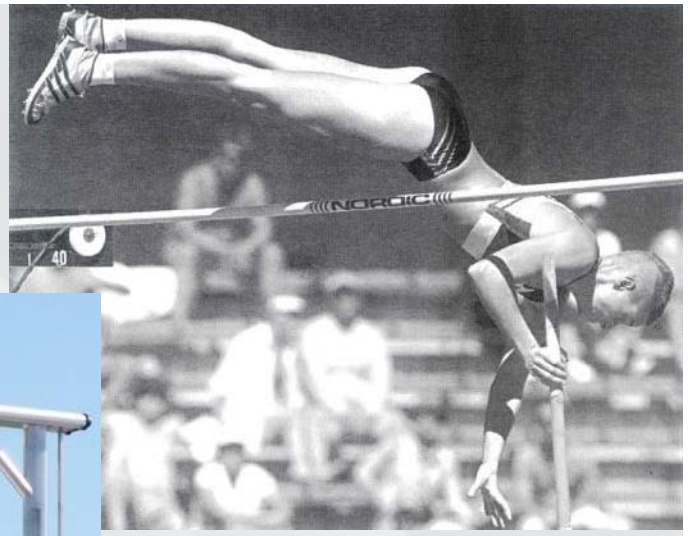
aultPower.com
NCAA
UCS



PoleVaultPower.com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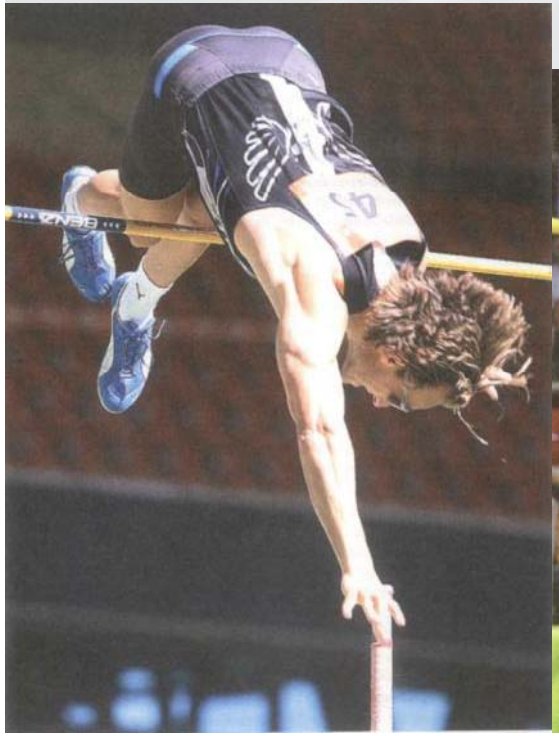

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o
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Altura de agarre
menos 20 cm (del cajetín)
TRACKSHARK.COM

video

PACER

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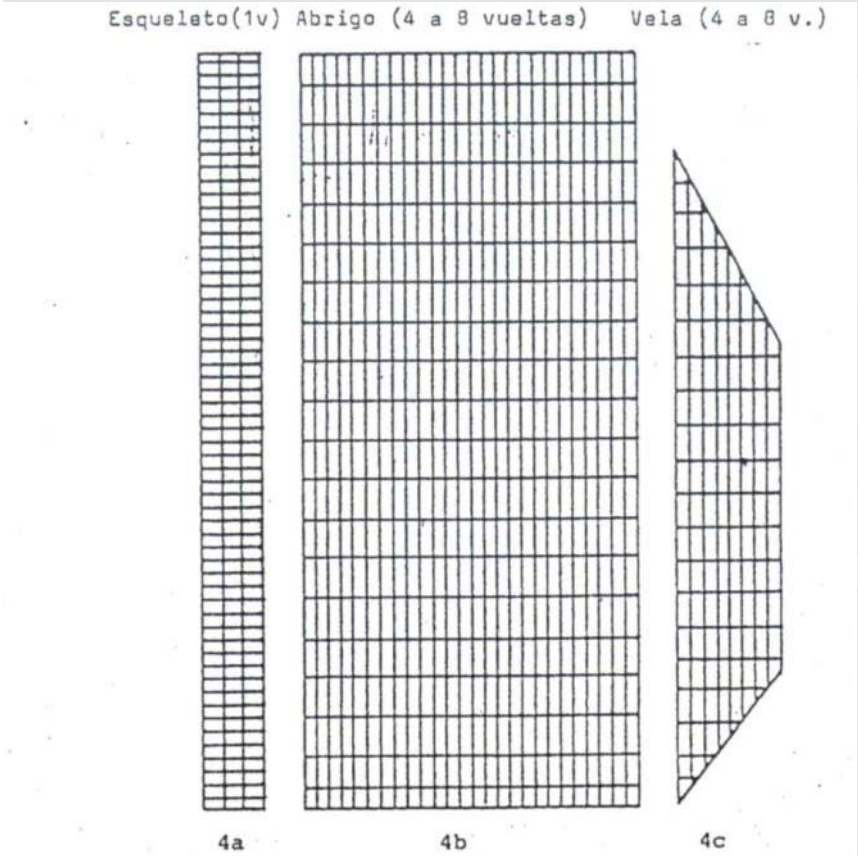
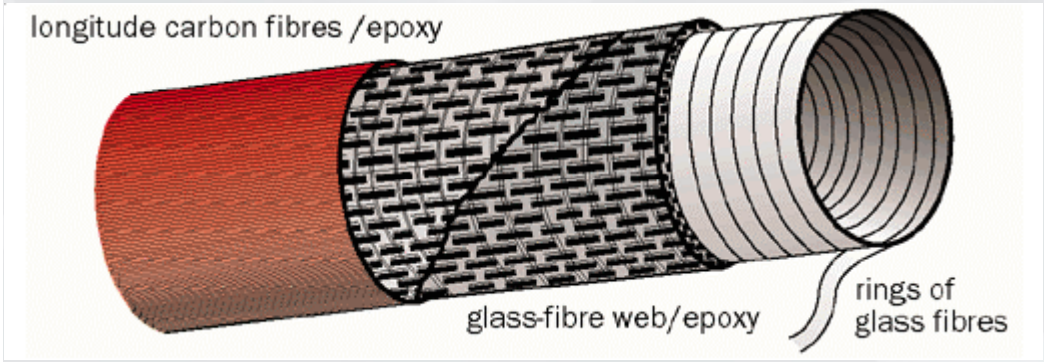


Figura 4: Representación de la construcción de la pertiga de fibra de vidrio y de la composición de las tres capas.



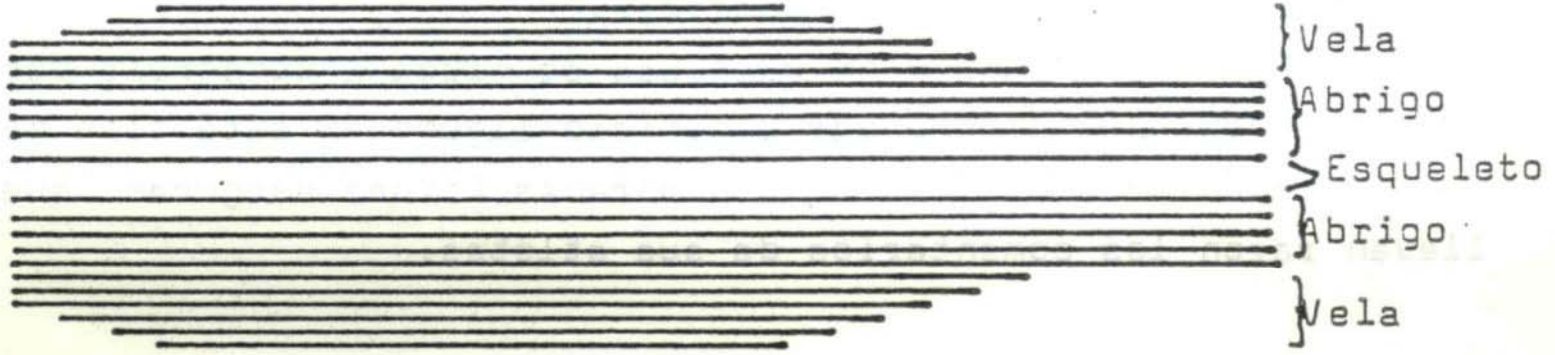
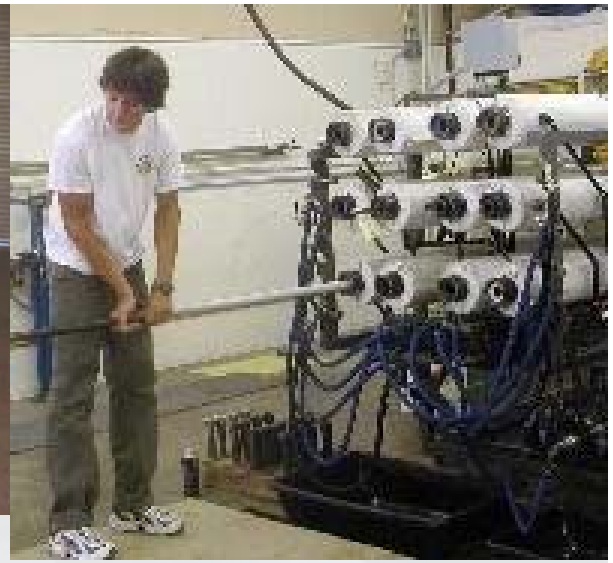
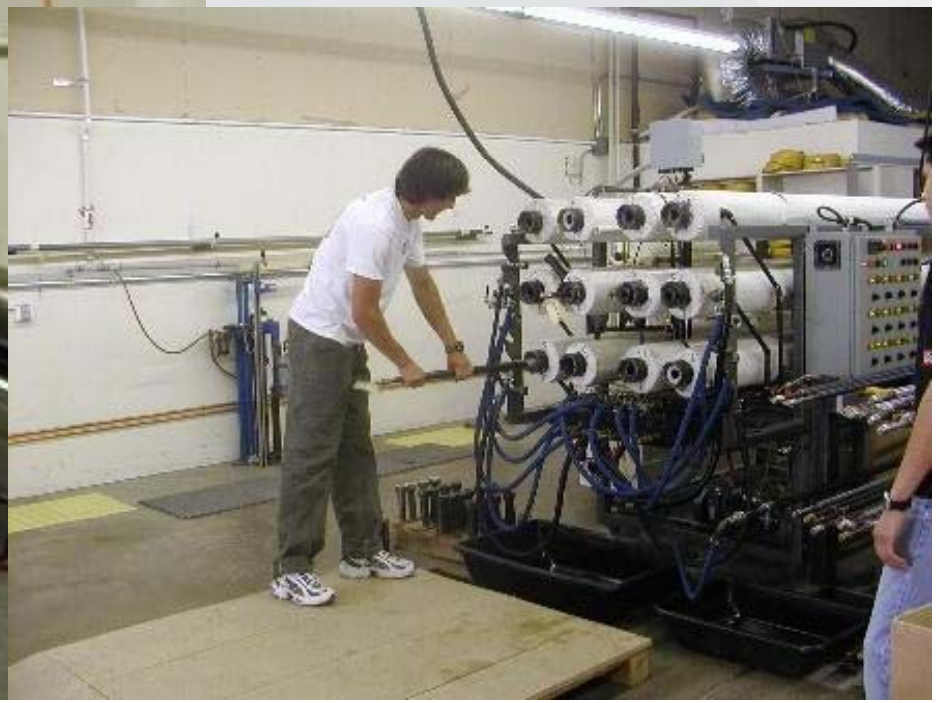
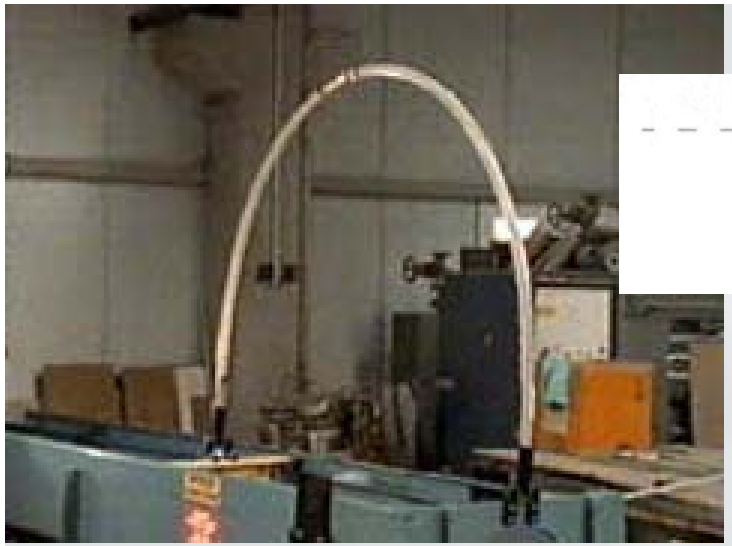
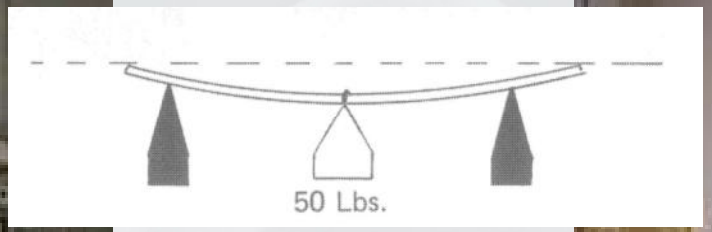


Figura 5: Corte longitudinal de la pertiga de fibra de vidrio.





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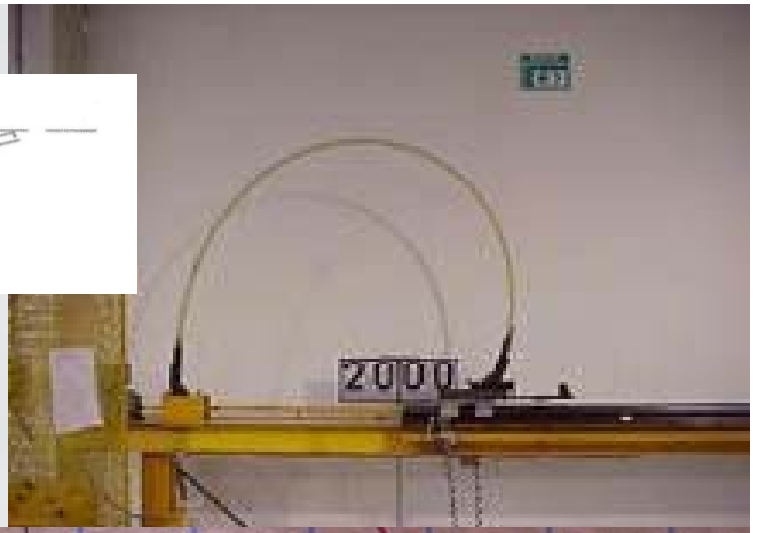
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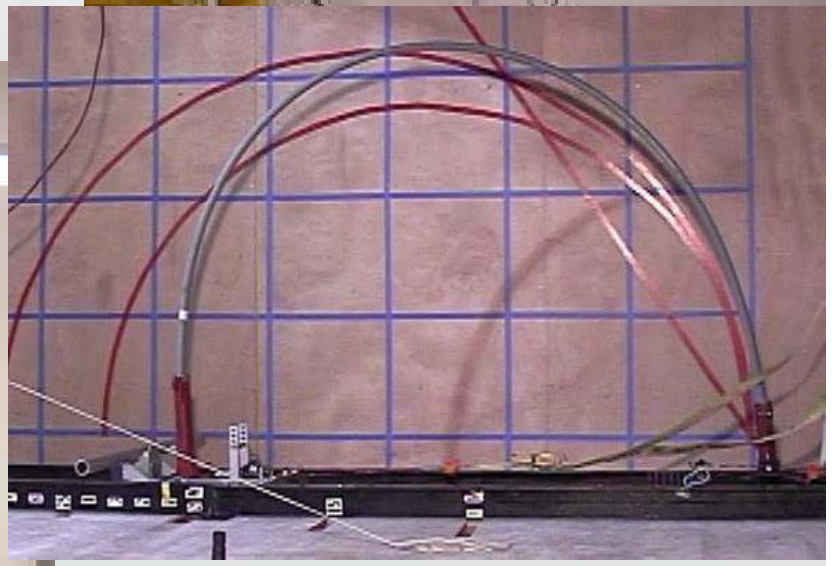
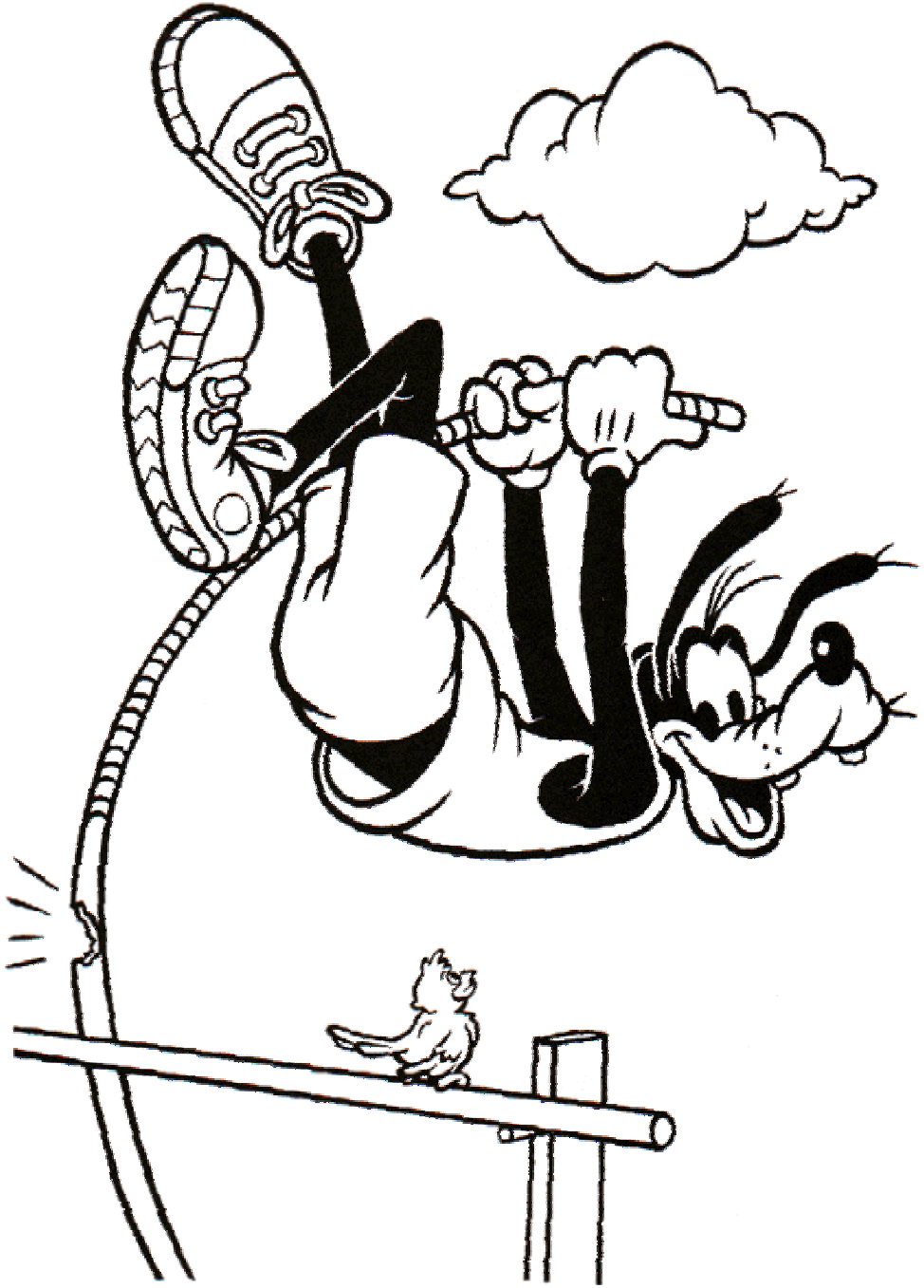
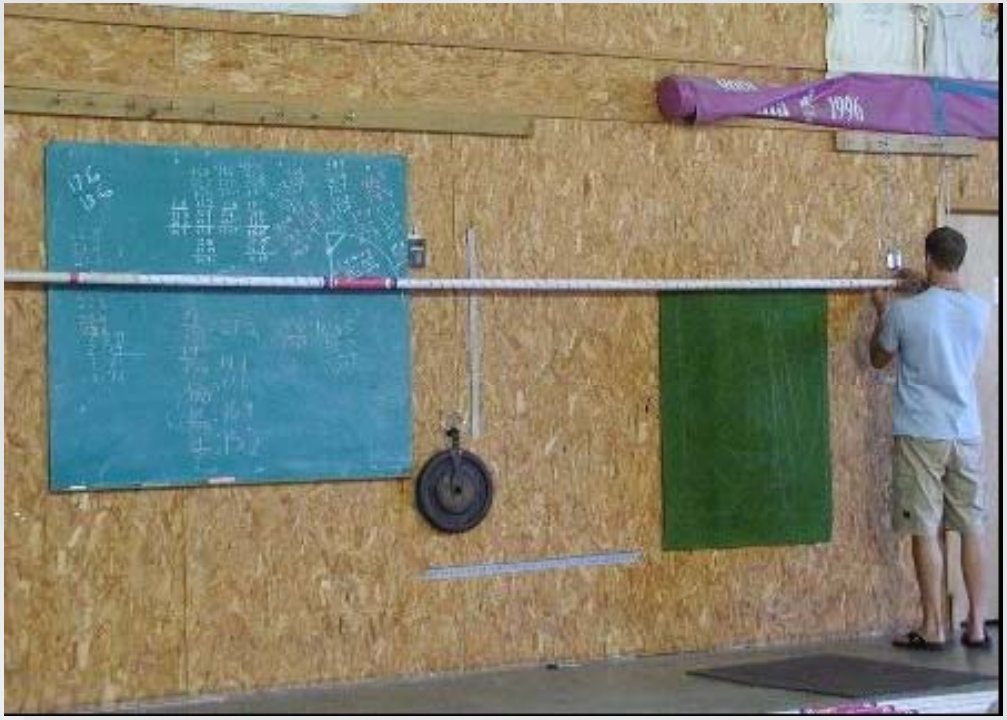
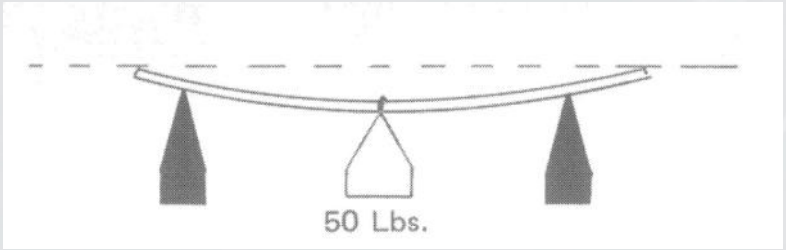


EASTON
3168

4.4
4m
3.4
3m
2.6
4
3.4
3






50 Lbs.

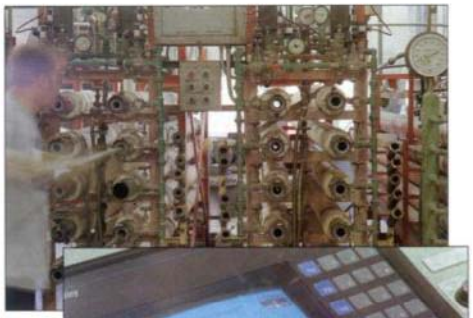
Pacer Vaulting Poles Calibrated using the BestFlex® System

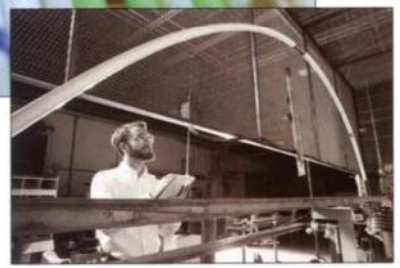
BestFlex® Rating System

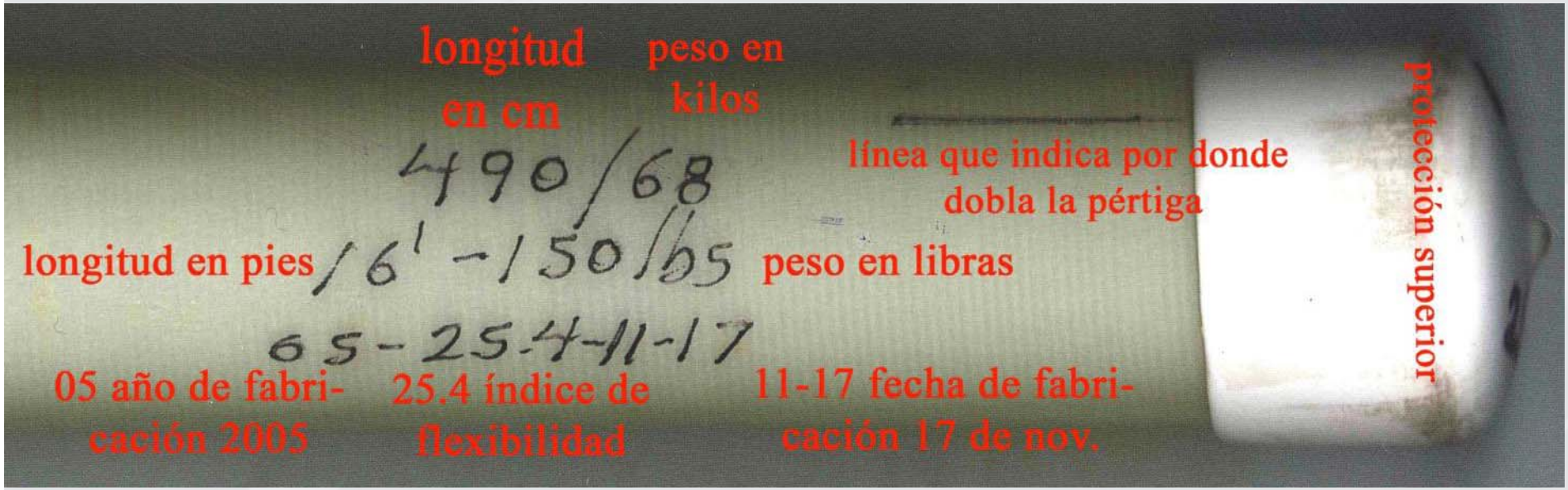
All Pacer, Skypole and Ms.Stic vaulting poles are calibrated using the BestFlex® System which ensures the most accurate flex rating available for the easiest transition between poles. Before using any pole, consult the BestFlex® rating chart which accompanies poles from Gill Athletics to determine if the pole is suitable for use. *Never use a pole with a body weight rating lower than the athlete's body weight. Vaulting poles are not guaranteed against breakage.*

Vaulting Pole Manufacturing

involves the highest quality materials, a patented double spiral wrap application process, and a testing procedure that has been perfected over decades.






longitud en cm
peso en kilos
490/68
línea que indica por donde dobla la pértiga
longitud en pies
/6' -150/65
peso en libras
protección superior
65-25.4-11-17
05 año de fabricación 2005
25.4 índice de flexibilidad
11-17 fecha de fabricación 17 de nov.

OLD VAULTERS NEVER DIE
THEY JUST
USE SOFTER POLES