

100/110m Hurdle Progressions

Wisconsin Track Coaches Association Clinic 3/4/05 3/5/05

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1. What makes a good high hurdler ?
 - a. Height IS a big of factor in the 100m/110m (especially for girl's)
(Boy's 5'8) (Girl's 5'4)
 - b. Hurdling is Sprinting with an attitude. Why sprint, when I can hurdle?
SPEED:
100m Speed **Girl's** Low 14's 13's – 12's !!
Boys Low 13's – 12's ' 11's !!

200m Speed. **Girl's** Low 27's or 26's
Boys Low 24 - High 23
 - c. Multi-Sport Athletes : “Hurdlers are the best athletes on the team”
Explosive Skills: Football, Basketball, Volleyball. (Gymnastics)
 - d. Desire to work hard and NOT EASILY FRUSTRATED.

2. Identify athletes with coordination early in their careers or early in the season.

- MINI - BANANA Hurdles - DAILY !!!!! (1 step - 2 step – 3 step)
- Work Speed and Conditioning first. Early in the season have the athletes work on hurdle drills during rest or non interval days. Do Not Sacrifice Conditioning to do Hurdle Drills, early in the season!
- POWER (Scissor Hurdles) - 1 Step Walking – 1 Step Running

EARLY SEASON ROUTINE:

Banana Hurdles

1. 12” Mini-Hurdles 2-Step
2. 6” Mini-Hurdles 3-Step
3. 12” 1 - Step (Pull Motion)

Power Hurdles (All)

1. 1 Step Walk - Arm Action - High Knee
2. 2 Steps Forward - 1 Step Back - Arm Action - Hip Flexor
3. 1 Step Rhythmn Skip - (Jog)
4. 3 Hurdles - 3 Step Hard

BEST DRILL

3 Step Sprinting over 18 inch (or less) power hurdles. What distance ? The hurdles should be close enough so the athletes can 3 Step !

3. DRILLS: Drill with a Purpose ! Drill to correct a fault ! Drill for confidence !

Why is the athlete hurdling today ?

Why do I want the athlete to do this (these) drills?

What are trying to accomplish by doing these drills?

What is this athletes weakness(es) ? How can we improve?

Think in practice- RACE in meets.

The Hurdles ARE an event where hard work can pay off.

Practice, Practice, Practice, Repetition, Repetition, Reputation.

4. Wall Drills (Standing Drills)

Standing Trail

Dynamic Marching Lead (2 Steps into the Wall)

Slide Drill

Table Drill

Isometric Drill (Hip Flexor)

Straddle Trail Leg

Pull Drill

1-2-3-4 Command Drill (Trail and Lead)

5. Walking and Jogging Drills (Always work both LEGS !!!)

Walking Trail Leg

Walking Straddle – Trail Leg on top of the Hurdle

Walking Lead Knee Drill

Walking 1 Step Drill (over Power Hurdles)

Jogging Trail Leg

Jogging Lead Leg

Jogging 1 Step Drill (over Power Hurdles)

6. Beginning Running Drills

Always do Running Drills at a LOWER HURDLE HEIGHT and CLOSER DISTANCE !

5 Step Hurdling (Race Distance-Same Lead Leg) **Best Beginner Drill !!**

Running Trail Leg

4 Step Hurdling (Beginners and 300m Hurdlers)

3 Step Hurdling

7. Advanced Running Drills

4 Step at 10 meters

3 Step at Shorter Distance (Full Height)

5 Step at 10 –12 yards

5 Step at 12 yards (boy's)

1 – 2 – 4th Hurdle

1 – 3 – 4th Hurdle

4 Hurdles Up and 4 Hurdles Back

8. The Start

** Teach the block start without Hurdles. (3 point or 4 point?)

First Hurdle over Power Hurdles

You will need to to experiment with block settings.

Use a piece of tape or a low power hurdle.

Mark another spot as the take off spot

Girl's approx. 6' Boys approx. 7'

Head Down at least two to three steps into the race

If you use the preferred method of 8 steps to the first hurdle, your lead leg will be back in the blocks.

9. Lead Leg Take Off

Lead with the knee – Toe Up, Heel to the Butt

Square to the Hurdle – Lead with your chest.

Aggressive Lead Arm. (Look at the watch)

Relax Knee over the hurdle (Girl's Higher Knee into arm pit)

Active Lead Leg

Lean Before, over and off the hurdle.

10. Trail Leg

Full extension upon take off

Drive through flat over the hurdle

Toe Up

Drive through high and hard off the hurdle- Finish It !!!

Keep shoulders square

Begin focus on next hurdle upon touch down.

FINAL NOTES:

Patience and Persistence !!!!

-Hurdling is long term process. Minimum of 2 years of training to master the basics.

- You are not hurdler until you fall down !!!

Hurdling is a SKILL !!

- You must constantly practice the skill to improve it.

100m Hurdlers can never be fast enough !!!

– You can always work on your speed.

300m or 400m Hurdlers are can always be in better shape.

- Unless you are Michael Johnson, You can become a faster 400m runner.

Hurdlers are a special breed. Why do things in life without obstacles ?

Things are more interesting and satisfying when you have some barriers.

