

12 Steps to Hurdling

- 1)** Always lead with your knee, not the foot, while going over the hurdle
- 2)** A hurdler must always attempt to keep their shoulders square while over the hurdle
- 3)** You must always attempt to run the hurdles as tall as possible. You must feel that you are running down at the hurdle, and not jumping up at it.
- 4)** You must always attack the hurdles aggressively.
- 5)** The lead arm should be slightly bent, not reaching for the toe of the lead leg.
- 6)** Trail arm is kept as close to the side of the body as possible.
- 7)** Trail leg should always come through flat over the hurdle, with foot up, and not pointed down.
- 8)** As the heel of the lead leg clears the top of the hurdle crossbar, the hurdler should attempt to press the thigh and the heel down as quickly as possible, while at the same time bringing the trail leg through as fast as possible. The hurdler needs to visualize in his mind that it is a combination of two factors that enables the hurdler to get back on the ground, and running. It is a rocket type action over the hurdle.
- 9)** The trail leg, as you come off the hurdle, must be high and under the arm pit to help maintain the next running sprint stride.
- 10)** It is a good idea that the beginning hurdler attempt hurdling with the hurdles slightly closer than regulation. The beginning hurdler needs to gain confidence that they can make each hurdle in three allowable strides without having to over-stride to accomplish this.
- 11)** The biggest single problem, and the one that accounts for most improvement in hurdling time, is the ability of the hurdler to learn to sprint between hurdles. The beginning hurdler will want to lope between the hurdles, counting each stride, one, two, three.
- 12)** The lead arm comes back as the trail leg comes through in a sweeping motion, but stopped as it passes the hip, and brought back forward fast.