

# **COACHING/TEACHING HURDLES**

## **by Wayne Clark, M-F Athletic**

### **I. PHILOSOPHY**

- A. Use your best sprinters
- B. Best athletes
- C. Tall
- D. Tough/Committed
- E. Warm Body
- F. You can make hurdlers, but it ain't easy
- G. Prettiest event (or ugliest)
- H. Do Drills with both legs
- I. 4 stepping is ok (learn to alternate)

### **II. PRACTICE ORGANIZATION**

- III. Include hurdle stepping in warm ups for all S-H-J
- IV. Do hurdle drills early in W.O. (Fresh)
- V. Do quality straight away hurdling early in W.O.
- VI. Do 300 M.H. as your workout or conditioning part of W.O.

### **DRILLS (HOW TO - PURPOSE - COACHING POINTS)**

#### **I. HURDLE STEPPING (3 MAIN DRILLS FOR ALL S-H-J)**

- How To: A. 7 hurdles set 6 inches between bases  
B. 2 to 3 times through using right lead leg then left lead leg
- Purpose: A. Hip flexibility C. Eliminate fear  
B. High Knee/toe up D. Find hurdlers (don't tell them)
- Coaching Points: A. Stay tall  
B. Lead Knee straight up & straight down  
C. Toe up  
D. Shoulders square & hips square
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- How To: A. Push hurdles together C. All trail legs  
B. Same Lines - same 4 reps D. Alternate trail every hurdle
- Purpose: A. Hip flex B. Focus on trail leg
- Coaching Points: A. Stay tall C. Knee through armpit  
B. Compact width of trail leg D. Knee back to middle
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- How to: A. Pull hurdles 2-4-6 & reset with one hurdle space between  
B. 2 rights 2 left C. Lead & trail legs
- Purpose: A. Hip flex B. Now can get rhythm going
- Coaching Points: A. Stay tall B. Get a non-stop flow going  
C. Same lead knee/trail leg emphasis

#### **\*\* NOW: DRILLS TO WORK SPEED HURDLING**

There are many ways to work the hurdles to practice speed or to get 3 steps. Don't be afraid to lower them or move them closer than regular settings.

#### **I. LAY DOWN DRILLS**

- How to: A. Low down hurdle/on its' regular spot

- B. Put hurdle 2 down, 3' short (put hurdle at 36" setting & lay board on line)
- C. Put hurdle 3 at 6' short
- D. Etc. up to 5 hurdles

Purpose: A. Have athlete sprint normal through the hurdles "3 stepping"  
 Coaching Points: A. Show them hurdling is sprinting B. Power through steps  
 C. Confidence they can 3 step

**\*\* EVERYTHING ELSE IS AN ADJUSTMENT OF THIS STARTING DRILL**

- Examples:
- A. Put first hurdle up - leave others down
  - B. Put 1 up at 33", 2 at 30" and the rest down
  - C. Put 1 up at 36", 2 at 33", 3 at 30" and the rest down
  - D. Put them all up at 30"
  - E. Move spacing to 2' from normal to 1' from normal
  - F. Set at normal height & pull out 2 & 4 and go over 1-3-5 (should get 7 steps-may have to cheat hurdles in 4-6")-**go fast!**
  - G. We seldom practice at full height or distance (tell why)

**\*\* NOW LET'S GO TO THE 300 METER HURDLES**

- Obviously you have prepared them by doing all the drills with both legs.
- We always use 300's as conditioning phase to finish workouts (always do these somewhat tired). Use 300 hurdling to be efficient with both legs & be in great shape - explain why

**DRILLS**

**I. BLOCKS TO 1**

How to: A. Go from blocks through 1 hurdle  
 Purpose: A. Confidence, endurance, teach go hard to 1<sup>st</sup>  
 Coaching Points: A. No chopping, normal sprint pattern, hurdle clearance

**II. BLOCK TO 2 SAME**

**II. WALL DRILL (LEAD)**

How to: A. Hurdle against wall  
 B. 33"-36" height  
 C. 1 step with lead leg driving it up & over to wall  
 D. 15 reps each leg  
 Purpose: A. Isolate lead leg  
 Coaching Point: A. Stand to side B. Lead with knee, not with foot  
 C. Drive into hurdle (not lean back)

**III. WALL DRILL (TRAIL)**

How to: A. Set hurdle on 30"-33" C. Work all trail legs  
 B. Pull back from wall (fence) 3'-4' D. 2-25 reps each leg  
 Purpose: A. Isolate trail leg  
 Coaching Points: A. Watch from side & back C. Back to middle  
 B. Knee through armpit D. Stop-put foot on ground each rep

#### IV. INCLINE TRAIL LEG

- How to: A. Set 1 hurdle side at 30" - other side at 33" (creating incline)  
B. Lay trail leg on top of hurdle board  
C. Pull trail leg through and forward  
D. 10 reps each side of hurdle
- Purpose: A. Forces trail leg knee to come through higher
- Coaching Points: A. Make sure to **drag foot along hurdle board**  
B. Pull knee to back to middle

#### V. TRAIL HOP DRILL

- How to: A. Put hurdle at 30" B. Set lead leg hamstring on hurdle board  
C. Hop over hurdle pulling trail leg through
- Purpose: A. Quick reaction for trail leg
- Coaching Points: A. Be careful  
B. Practice several times slowly  
C. Only raise to higher height if athlete is capable of handling  
D. Make sure athlete lands in proper running position

#### VI. 0-1-2 DRILL

- How to: For "0" A. Straddle hurdle  
B. Lead leg is on ground in front of hurdle, but to the side  
C. Pull trail leg through  
D. 5 to 10 reps each side of hurdle
- Purpose: A. Isolate trail leg & pull it clear through to the ground
- Coaching Points: A. Compact trail B. Knee higher than ankle  
C. Armpit D. Back to middle

- How to: For "1" A. One step back  
B. Lift lead knee- go over phantom hurdle-trail same as before

- Purpose: A. Get rhythm started but still isolating trail leg
- Coaching Points: A. Lead leg goes over phantom hurdle/only trail actually goes over hurdle  
B. Same as "0"

- How to: For "2" A. Add one more step back B. Now-high knee, lead leg, trail leg

- Purpose: A. Get rhythm going
- Coaching Points: A. Watch for good high knee up/lead with knee

#### VII. 5 STEP DRILL

- How to: A. Put hurdles at regular spacing (may vary per individual)  
B. 3 to 5 hurdles  
C. Start 6-7 yards from hurdles (adjust)  
D. Start with high knee short step action  
E. Go over hurdle & start high knee action to next (etc.)
- Purpose: A. Continue to emphasize high knees to make sure they lead with knee and not foot  
B. Can do a lot of work and not get tired

- Coaching Points: A. Stand to side and watch that knee leads ahead of foot  
B. Fast “action” over hurdle & recover to a rhythmic knee movement between

#### VIII. STARTS TO 1 OR 2

- How to: A. When working with sprinters on starts, put hurdlers in own lanes with 1 or 2 hurdles for them
- Purpose: A. Confidence to hurdle C. Correct step  
B. Speed D. It’s a sprint race
- Coaching Points: A. Observe start technique C. Take off point (about 6’)  
B. Stride pattern

#### III. BLOCKS TO 5 (We use this a lot. It’s almost 200m. We go from blocks and go hard. We finish and walk back and go again.)

- How to: A. Regular spacing but usually 3” lower  
B. Have a lane for girls and one for boys  
C. Sometimes sprinters go outside of each hurdle to push them
- Purpose: A. Conditioning C. Confidence  
B. “Decision Hurdling”
- Coaching Points: A. Watch steps to see they attack and go with closest lead leg (no chopping)  
B. Make sure they go hard enough to get tired so they have to hurdle tired

#### IV. BLOCKS TO 5 AND FINISH - Last 100m

#### V. BLOCKS (Take out 1<sup>st</sup> 5 hurdles and only go over last 3)

#### VI. DECISION HURDLING DRILL - May be most important drill of all

- How to: A. We usually put 4-6 hurdles on the curve  
B. Spacing doesn’t matter  
C. Athletes run through set & we change spacing on every hurdle (change every set)
- Purpose: A. Confidence to go over with whichever leg comes up
- Coaching Points: A. Attack, Attack, Attack (no chopping)