

COACHING/TEACHING HURDLES

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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 1st
 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
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 1st 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)