

Sprint Hurdles

Drills for teaching hurdles from scratch

Teaching the hurdles

- The mini hurdle is your friend
- Start low and work your way up to the real thing
- Keep it simple
- Focus on posture...before you worry about leaving the ground



Unilateral Drills

This is the one that everyone does....wrong
 Why are you doing this drill?
 Lead Leg / Trail Leg

Cuban Drill

- This is the 1st drill that should be taught
- Spacing 4-6-10-14-16-16
- Can be expanded as the athlete develops

Cuban Drill



Shuffle Drill



Strength Drills

- 80% Drill
- Spacing 6.80m / 7.30m (22ft, 24ft)
- 1-2 notch lower than race height
- Begin with 6-8 hurdles, work to 12-14
- Focus on Postural control and shuffle

80% Drill



Speed Drills

- 5 step Speed Drill
 - Spacing 11.5m - 12.5m
 - Focus on handling overspeed
 - Start with 4 hurdles build up to 8
- Upside Down
 - Turn hurdle upside down jam 1 ft per hurdle
- Contrast
 - Upside down to right side up with 90 sec rest



Technical Drills

- 1 step Drill 2 variations
 - 2.50m 27-30 inches women 33-36 inches men
 - Up to 8 hurdles
 - 2.00m 12-18 inches
 - 5 - 20 Hurdles
- 5 step shuffle
 - Jammed 1 ft per hurdle

2.50m 1 step



2.00m 1 step

