

Coaching/Teaching Hurdles

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's not easy
- G. Prettiest event (or ugliest)
- I. 4 stepping is ok (learn to alternate)

II. PRACTICE ORGANIZATION

- A. Include hurdle stepping in warm ups for all S-H-J
- B. Do hurdle drills early in workout (fresh)
- C. Do quality straight away hurdling early in workout
- D. Do 300mh as your workout or conditioning part of workout

DRILLS (HOW TO- PURPOSE)

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

- How to:**
 - A. 7 hurdles set 6 inches between base
 - B. 2 to 3 times through using right lead leg then left lead leg
- Purpose:**
 - A. Hip flexibility
 - B. High knee/toe up
 - C. Eliminate fear
 - D. Find hurdlers
- How to:**
 - A. Push hurdles together
 - B. Same lines -same 4 reps
 - C. All trail legs
 - D. Alternating trail every hurdle
- Purpose:**
 - A. Hip flex
 - B. Focus on trail leg
- How to:**
 - A. Pull hurdles 2-4-6 out and reset with one hurdle space between
 - B. 2 rights, 2 lefts
 - C. Lead and trail legs
- Purpose:**
 - A. Hip flex
 - B. Now can get rhythm going

III. WALL DRILL (TRAIL)

- How to:**
 - A. Set hurdle on 30"or33"
 - B. Pull back from wall(fence) 3'-4'
 - C. Work all trail legs
 - D. 2-25 reps each leg
- Purpose:**
 - A. Isolate trail leg

IV. WALL DRILL (LEAD)

- How to:**
 - A. Hurdle against wall
 - B. 33"-36"
 - C. 1 step with lead leg driving it up & over to wall
 - D.15 reps each leg
- Purpose:**
 - A. Isolate lead leg

V. INCLINE TRAIL LEG

- How to:**
 - A. Set hurdle side at 30"- other side at 33" (creating incline)
 - B. Lay trail leg on top of hurdle
 - C. Pull trail leg through and forward(10 reps each)
- Purpose:**
 - A. Forces trail leg knee to come through barrier

VI. Trail Hop

- How to:**
 - A. Put hurdle 30"
 - B. Set lead leg hamstring on hurdle board
 - C. Hop over hurdle pulling trail leg through
- Purpose:** Quick reaction for trail leg

VII. O-1-2 Drill

- How to: "0"**
 - A. straddle Hurdle
 - B. Lead leg is on ground in front of hurdle
 - C. Pull trail through
 - D. 5-10 reps each side
- Purpose:**
 - A. Isolate trail leg and pull it clear through to ground
- How to: "1"**
 - A. One step back
 - B. Lift knee-go over phantom hurdle- trail same as before

Purpose: A. Get rhythm started but still isolate trail leg

How to: "2" A. Add one more step back

B. Now, high knee, lead leg, trail leg

Purpose: A. Get rhythm going

VIII. 5 TEP DRILL

How to: A. Put hurdles at regular spacing

B. 3-5 hurdles

C. Start 6-7 yards from hurdles

D. Start with high knee short step action

E. Go over hurdle and start high knee action

Purpose: A. Emphasize high knees to make sure they lead with knee

IX. STARTS TO 1 OR 2

How to: Put hurdles up during starts

Purpose: A. Confidence to hurdle

C. Correct step

B. Speed

D. It's a sprint race

X. LAY DOWN DRILL

How to: A. lay down hurdles on regular spot

B. Put H2 down 3' short, H3 6' short, H4 9' short, H5 12' short (put hurdle at 36" setting and lay board on line)

Purpose: A. Have athlete sprint normal through the hurdles "3 stepping"

*****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 @ 30" and the rest down

C. Put 1 up at 36", 2 @ 33", 3 @ 30" and 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 and pull out 2,4, and go over 1-3-5 (should get 7 steps-may have to cheat hurdles in 4"-6") **GO FAST!**

300 METER HURDLES

Always use 300's as conditioning phase to finish workouts (always do these somewhat tired). Use 300 hurdling to be efficient with both legs and be in great shape

I. BLOCKS TO 1

How to: A. Go from blocks through 1 hurdle

Purpose: A. Confidence, endurance teach go hard to 1st

II. BLOCKS TO 2: SAME

III. BLOCKS TO 5 (go from blocks and go hard, finish and walk back and go again)

How to: A. Regular spacing for 300H marks but usually 3" lower

Purpose: A. Conditioning

B. "Decision Hurdling"

C. Confidence

IV. BLOCKS TO 5 AND FINISH

Last 100m

V. BLOCKS (Take out 1st 5 hurdles and only go over last 3)

VI. DECISION HURDLING -may be most important drill of all

How to: A. put 4-6 hurdles on the curve

C. Athletes run through set and Coach will

B. Spacing doesn't matter

change spacing on every hurdle

Purpose: A. Confidence to go over with whichever leg comes up