

# Coaching the Hurdles

Allen Osborn-Waverly High School

## Intro:

The hurdles are a very unique and technical event. It is important to start with the basics and go through a series of progressions. It can be difficult for young athletes to take the leap and attempt hurdling. Small steps can be made to help develop proper technique and prevent athletes from becoming frustrated and giving up. Hurdling is as much mental as it is physical so a confident and positive coach can make a world of difference.

## The Basics:

<u>Tips</u>	<u>Lead Leg</u>	<u>Trail Leg</u>
Big Chest	Knee to Chest	Flexed Toe
Lean at Torso	Leg Slightly Bent	90 Degrees
Hips Forward	Snap	Knee to Armpit
Head Always Same Level		Whip Through

## Flexibility

Flexibility is one of the most important and over looked components of hurdling and should be a daily focus. Strengthening of the hip flexors and groin should also be a primary focal point. Most drills and stretches will help with flexibility and strengthening.

## Drills/Stretches to Consider

Fire Hydrants  
Leg Swings (Front & Side)  
Donkey Kicks  
Russian Hamstrings  
Stretches w/Hurdle  
Butterfly  
Iron Cross  
Scorpion

# Coaching the Hurdles

Allen Osborn-Waverly High School

## Technique

There are a number of basic drills that can help develop proper technique. You can look at it from the standpoint of coaching hurdling from the ground up. Start on the ground with basic drills, then move to hurdle walk overs, half-hurdling, and finally going over hurdles. It is important to go through the progressions with beginning athletes to help develop good technique. Below are specific drills that can be used to help teach and develop technique.

### Ground Hurdling Drills

Trail leg pulls	2x10 each leg
4 point trail pulls	2x10 each leg
Roll Overs	10 total
Trail leg leans	2x5 each leg

### Bunched Hurdle Walk Overs (6)

Lead Leg (Dom/Non-Dom)	2x6
Stork Walk	2x6
2 over 1 back	2x6
A skip to side	L+R
Straight leg to side	L+R
Over/Under	2x6

### Half-Hurdling

<b>(3 ft)</b>	Lead Leg Walk Over	2x5 each leg
	Trail Leg Walk Over	2x5 each leg
	Walk Over Top	2x5
<b>(6 ft)</b>	Jogging Lead Leg	Dominant
	Jogging Trail Leg	Dominant
	Jogging Over Top	Dominant

# Coaching the Hurdles

Allen Osborn-Waverly High School

## **Speed/Power Development:**

Speed and power is developed in the weight room and on the track. The focus in the weight room should be on moving weight as quick as possible and not necessarily how much weight is being used. On the track, plyometrics will help with power and explosion. Listed below are plyos, lifts, med ball exercises, and other drills that can be used to improve speed and power.

<p><b><u>Plyometrics</u></b></p> <p>Tuck Jumps Ankle pops Hurdle Hops Depth Jumps Squat Jumps Single Leg Box Drives Step Ups Alternating Bounds (height) Power Skips (height)</p>	<p><b><u>Weight Room</u></b></p> <p>Power Cleans Hang Cleans Snatch Hang Snatch Push Jerk Clean &amp; Jerk Speed Squats Deep Squats/Tuck Jumps Lung Jumps</p>
<p><b><u>Medicine Ball</u></b></p> <p>Overhead Throw Chest Throw Squat Jump Throw Granny Toss</p>	<p><b><u>Other Drills</u></b></p> <p>Jump Rope Harness Stick Drill Speed Skaters Weight Sled Over Speed (Bungees) Falling 2pt Accels (10-20-30m) 3 pt Accels (10-20-30m)</p>

# Coaching the Hurdles

Allen Osborn-Waverly High School

Event Area: Hurdles		Example Week Of Practice			
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Lifting</b>	<b>Lifting</b>	<b>Lifting</b>	<b>Lifting</b>	<b>Lifting</b>	<b>Lifting</b>
	After Practice		After Practice		
<b>WU/Drills</b>	<b>WU/Drills</b>	<b>WU/Drills</b>	<b>WU/Drills</b>	<b>WU/Drills</b>	<b>WU/Drills</b>
Hurdle Warm Up	Hurdle Warm Up		Hurdle Warm Up	Hurdle Warm Up	
<b>Workout</b>	<b>Workout</b>	<b>Workout</b>	<b>Workout</b>	<b>Workout</b>	<b>Workout</b>
	Plyos	Conditioning	Plyos		Meet
Speed Endurance	Speed Work	or Pool Circuit	Speed Work	Pre-Meet	
30-60-90 Accels	Hurdle Drill Day		Hurdle Tech Day	Warm-up	
6x150s 5min Rec	2x3x5-5 step spnt bks		Block Work	Prep Work	
	2X10 split jump	PNF Stretching	2x1, 3x3, 2x5		
	2X10 squat jump		m 36in-39in, w 30in		
	2X8 pwr skips hgt		2X10 pogos		
			2X10 lunge jumps		