

Beginning Hurdles: Youth, High School & Masters

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Recognizing a Hurdler (Talent identification)

OBSERVE- During Team Warm Up

In the jog, look for: posture & spring in the step

In the drills, look for: coordination & rhythm (skips, hops, posture)

In the stretching, look for: flexibility!

Signs of Hurdler “personality” ..no fear factor

Who “gets it” or if it’s “more challenging”

LEARNING the Hurdles:

Basic Drill Progression (*Keep it simple~create confidence*)

During all drills the coach should be looking out for:

Body position/Posture

Arm action

Lead leg knee

Trail leg knee & toe

The March Drills:

The March with Hurdles

1 step

5 step

3 step

The Jog with Hurdles

5 step

3 step

The Run with Hurdles

5 step

3 step

Introducing Blocks to 100/110mt Hurdles: (actual race pace)

Set Blocks

Blocks to Hurdle 1

Blocks to Hurdle 1-3

(adjust hurdles shorter/closer)

Add more hurdles

Introducing Blocks to 300/400mt Hurdles: (actual race pace)

Set blocks

Blocks to Hurdle 1

Blocks to Hurdle 2-3

More Hurdle Form Drills:

Basic Wall Drills

Trail Leg

Lead Leg

Hurdle Walkovers

Hurdle Dance!

Helpful Tips: Film Hurdlers so they can see themselves for immediate feedback.
Recommend YouTube Hurdle videos/races of Elites