

Coaching The Hurdles: A Practical Approach

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General Overview

- Introduction
- Hurdling Attributes (Physical and Mental)
- Developing the Hurdler – Training Tools
- Hurdle Basics – The Mechanics
- Coaching Tips
- Q & A



Hurdling Attributes

Physical

- Average to above average speed
- Descent / reasonable height
- Good to excellent balance / coordination, agility
- Good to excellent flexibility / Range of Motion



Hurdling Attributes

Mental

- Courage
- Tenacious
- Confidence / determination
- Good to excellent athletic IQ (aptitude)



Developing the Hurdler – Training Tools

Weight Training (Suggested)

- Power Cleans
- Dead Lifts
- Jump Squats
- Leg Press

Plyometric Training (Suggested)

- Depth Jumps
- Single / Double Leg Bounding
- Speed Box Jumps
- Knee Tuck Jumps



"A great portion of the hurdler's training program should resemble that of a sprinter" – The Biomechanics of Hurdling

Hurdle Basics

Hurdle Placements / Settings

- Girls 100H height = 33" (30" for 300H)
- Girls start to first hurdle = 13m or 42'8"
- Girls spacing between hurdles = 8.50m or 27'11"
- 100H flights = 10 (300H = 8)
- Boys 110H height = 39" (36" for 300H)
- Boys start to first hurdle = 13.72m or 45'
- Boys spacing between hurdles = 9.14m or 30'
- 110H flights = 10 (300H = 8)



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Drills, Drills, Drills

Basic Hurdle Drills – Beginners

- Walkovers
- A-Skip Trail Leg
- A-Skip Lead Leg
- A-Skip Over the Top (OTT)



Intermediate to Advanced Drills

- Quick-3 Step – TL / LL
- Quick-3 Step – OTT
- One Step – TL / LL / OTT

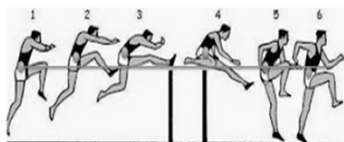
Lead Leg Mechanics

Bent Knee Drive – Full Extension – Increased Angular Velocity – Level COM



Trail Leg Mechanics

Takeoff Foot – Knee Up – Ankle Proximity – Hip Rotation – Alignment - Getaway



Blocks to First Hurdle

The Start

- Driving / accelerating first 3 to 4 steps
- Balance / control
- Appropriate takeoff point
- Positioning body for takeoff



"Teaching hurdlers to drive for the first three to four steps, and quicken the stride cadence for the remaining steps is common coaching practice." – The Biomechanics of Hurdling

General Coaching Tips

Do's and Don'ts

- Develop your own language queues
- Implement post race dialogue
- Use video / film study
- Be selective...
- Set goals for all levels...



*"The hurdle events should not be considered a dumping ground for failed or sub-par sprinters."
– The Biomechanics of Hurdling*