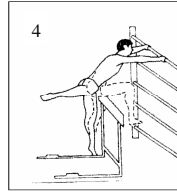


A Selection of Hurdle Drills



Basic Drills

1. A - B - A & C - A-B-C
2. Crane ("Freeze Frame") .. Karate Kid
3. Lead Leg Attack (wall)
4. Trail Leg Hip Circles
5. Slo Mo
6. Marching Stepovers
7. Single Stepovers
8. A-B-Trail Leg A-A-B-Trail Leg
9. Straight Leg Bounding – Fast Leg
10. Rapid Lead Leg
11. Continuous Trail Leg
12. Lateral Hurdle Skips
13. Calvesi
14. Trail Leg Hurdling
15. Lead Leg Hurdling



*Good
is
not
enough,

When
better
is
possible*

Lead leg is held in an 'A' position. Athlete hops up to hurdle with lead held up and steps over hurdle. Trail leg is also pulled over hurdle into 'A' held position. Repeat with other lead leg up to 5-8 hurdles.

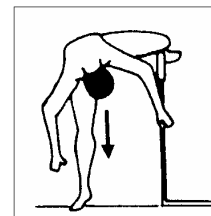
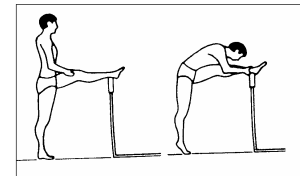


Calvesi Drills ('A' hop over hurdles. Held 'A'

Only Plenty of Perfect Practice leads to Permanent Perfect Performance

Variations

- Alternating drill both sides of the body to equality !!
- Speed of execution: Slo Mo → Rapid Form
- 3 / 5 / 7 Stepping.
- Discount Hurdling.
- Up and Back.
- Speed Enhanced: hurdle(s) missing.
- Assisted hurdling.
- Resisted hurdling: ankle weights / release.



Video Review should be frequent and coach-directed.

Positive Role Models
(Video or Training Partners)

Appropriate Flexibility must be attained and maintained to allow efficient skill development.

The only time you can't afford to fail is the last time you try