

# ❖ Speed is the Key ❖



**Ensure  
correct  
Sprint Mechanics  
are in place**

**before  
developing**

**the  
Hurdles  
Technical  
Model**

***If you believe  
you can do  
something***

***You are  
probably  
right***

## Hurdle Drills ... A Suggested Sequence

***Speed ... the critical element***

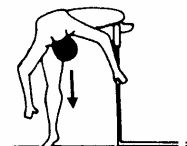
*In all circumstances drill both sides of the body to equality !*

### **1. Introduction of the Technical Model**

1. "A" Skip Drill
2. Straight Leg Bounding
3. Single Leg Skills: Fast Leg; Alternate Fast Leg
4. SLB - Fast Leg
5. SLB - Fast Leg over a low obstacle (½ Hurdle Form)
6. SLB - Fast Leg over low obstacles (6-7 metres apart; ½ Hurdle Form)
7. SLB - Fast Leg ... pull the other (trail) leg over (½ Hurdle Form)

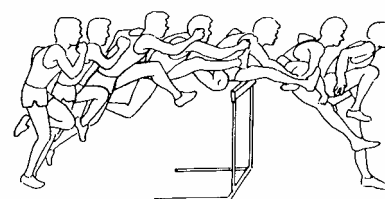
### **2. The "feel" of the Hurdling Clearance**

1. Trail Leg Hip Circles
2. Rapid Lead Leg Drill
3. Slo Mo Drill
4. A-B-C
5. A-B-Trail Leg



### **3. Drills to focus on perfecting hurdle technique**

1. "B" Skip
2. "B" Run
3. "B" Skip / "C" Skip
4. Lead Leg Walkover
5. Lead Leg Skip-over
6. Trail Leg Walkover
7. Trail Leg Skip-over
8. Lead & Trail Leg Sprint-over
9. Trail Leg Slide Drill
10. Freeze Frame (The Crane)



### **4. Special Drills**

1. Discount Hurdling
2. Variable space hurdling
3. Endurance Hurdling (discounted)

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**(Only) Patience and Persistence will  
Produce Perfect Performances**

## Eight (8) “Sessions” ... A Starting Point

A “session” could be a week, a fortnight, several individual “sessions”.  
**NEVER** prioritise drill progression ahead of skill acquisition.

No attempt has been made to outline appropriate warm-up / warm-down programs; coaches and teachers will apply activities they know to be specific to the needs of the individuals / group.

However, the warm-up is an excellent opportunity to reinforce (revise) drills.  
(10-15 minutes of specific drills in every session)

### Assumptions

A group of athletes who have: chosen to learn and will accept challenges.  
Athletes who are not prepared to apply themselves will surrender their place in the group.  
Group and individual videos should be activated and extended whenever possible.

**Always** commence drills on your non-preferred side .. **Why??**



**Do NOT allow runs over hurdles until correct mechanics can be displayed**

### Session 1:

Review of Sprints Technical Model .. ensure correct sprint form mechanics are in place: do not introduce specific hurdle drills until this is achieved.

Special Emphasis: “A” Skip; “B” Skip; SLB; Fast Leg .. variations (single / alternating)

**Video:** review of Elite Hurdlers cf. Developing Athletes.

Lead leg Wall Attack &

Trail Leg Hip Circles.

Introduce Slo Mo Drill.

Slo Mo & Trail Leg Hip Circles to form the basis of skill development at home .. also, Specific Flexibility Program — separate sheet.

**Regular skill reward tags and certificates**

### Session 2:

Review of Drills from Session 1.

Extension of Skills: SLB - Fast Leg; SLB - Fast Leg

Review of Slo Mo; Trail Leg Hip Circles.

Introduce Wall Attack Drill (alternating).

Walking and Marching Step-overs .. low hurdles (but high enough to demand technique).

**Simple, clear video demonstrations of expectations are VITAL at all stages.**

Athletes are **expected** to practice and perfect drills.

Set firm goals!  
e.g. dates for Drills Evaluations.

*Athletes will rise to the level of expectations.*

Set (demand) challenging expectations associated with appropriate rewards!

### Session 3 & 4:

Review of Drills: after Warm-Up

Performances should be videoed and discussed with individuals and the group.

Extra Practice .. Marching Step-overs: Preferred (P) & Non-Preferred Lead Leg (NP).

“B” Skip Drill.

“C” Type Movements: “C & A”; A-B-C; A-A-B-C.

Laterals

### Session 5 & 6:

Review Drills from previous sessions, especially Session 3.

A-B-C.

**A-B-Trail Leg.**

Rapid Lead Leg.

Crane (Freeze Frame)

SLB - Fast Leg over low obstacles.

**Learn** specifications of the hurdle race .. distances, hurdle height.

Hurdle runs in Session 7.

### Session 7:

Review of Drills from previous sessions.

Single Step Walkovers / Skip-overs (P and NP .. timed)

A-B-C and A-B-C Trail Leg

SLB - Fast Leg over low obstacles.

Review Marching Step-overs.

### Session 8:

Review of Drills from previous sessions.

Runs to and over one (1) hurdle ... video (review and discussion)

Runs over 3 hurdles ... 5 steps.

### After Eight (8) Sessions (and probably before)

You will have clear idea of which athletes can and will progress,  
  
and,

You will be the best judge of the sequence that should follow and the refinements that should be incorporated.



**PROGRESS PATIENTLY**  
Don't practice errors

**Hurdle Heights and spacings** should be adjusted to encourage **SPEED** in execution.