



Speed is a Skill 2 (Introduction to Hurdling)

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Aust. Track & Field Coaches Association: Level 2: Sprints; Hurdles; Distance; Relays
Olympic Athlete Program: Athletics Australia National Elite Juniors Co-ordinator, 1995-96
Education Victoria: Inaugural Most Outstanding Teacher Contribution to Sport, 1994
Debbie-Flintoff King Olympic Gold Track & Field Camps: 1992-1995
Speed is a Skill Camps Program: 1998-
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Aust. Swimming Coaches Association, Level 2
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Speed is a Skill 2 enhances and extends the skills of Program 1, introducing new and more challenging progressions, including ***an approach to hurdling***.

It reflects **one approach**; fundamental to success is **patience**; teachers / coaches should ensure a skill is thoroughly mastered, meticulously practised and able to be reproduced in less than ideal circumstances, before progressing.

Although we can not guarantee success, a well-organised program will help each person to acquire skills, and enhance their self esteem.

The acquisition of new skills is fundamental to developing higher levels of self image.

Sessions are based on 90 minutes, and assume the assistance of 3-4 (young) persons familiar with the drills.

Considerable variation to learning targets will be required.

Accordingly, the plan should be seen as flexible ... but, it is better to have a plan that can be varied, than to have no plan at all.

As a coach and teacher, you may modify the program with your own skills and expectations.



As always

We are what we repeatedly do
(Only) Plenty of Perfect Practice Produces Permanent Perfect Performances

SPEED IS A SKILL: 2



Week 1: Skills Squad

1. **Welcome**

2. **Warm-Up:**

active; varied.

Review of Stretches ... DFK Stretches Sheet to be given out at the end of the session.

By the conclusion of this week, all athletes should be familiar with the full range (8) of DFK stretches.

Explain Newsletter ... every two weeks.

Why bring a personal video? .. show an example of what they can expect.

Homework: Stretches.

3. **Drills**

Brief review of drills ... practice (group and individual).

Introduce: Double A's (variations on command) .. progress patiently.

Apply Drills: 3-4 Technical Build-Up Runs .. "Toe Up, Heel Up, Knee Up" ..
Run Quietly stepping over the opposite knee.

4. **Reaction Sprints ... re-evaluation.**

Timed individually .. times recorded on master sheet.

5. **Reaction Dills**

A-Skip (5m) >> sprint 15-20m.

Running the Boards (3 secs.).

Running the Boards >> sprint 20m.

6. **Starts**

Review: Standing; Falling; Crouch.

Introduce 3-pt. Starts.

Introduce Resisted Starts: Face and Chase.



7. **Review**

Double A's.

Command Drills .. smooth and instant changeovers.

Homework Sheets .. Stretches.

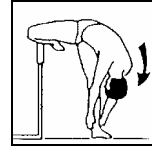
Top Performers: Week 1.

Warm Down.

Your Personal Performance Video

Each athlete must provide a new 3 hour VHS video, **clearly labelled**,
for the accumulation of images of their progress.
You will be able to see yourself improve, and therefore believe in yourself
and your capacity to excel.

SPEED IS A SKILL: 2



Week 2: Skills Squad

Patient Perfect Practice is essential; athletes must not hurdle until all critical form elements are demonstrated. Do not seek short-term success at the expense of longer term excellence.

1. Welcome

2. **Warm-Up:** active; varied.
Stretches ... brief review; goals: Sit & Reach +15; aim to achieve by Week 6.

Personal Videos?

3. Drills and Sprint Form

Apply Drills: 3-4 Technical Build-Up Runs .. “Toe Up, Heel Up, Knee Up” ..
Run Quietly stepping over the opposite knee.

4. Introduce New Drills ... specific relationship to Hurdling

Video: Elite Hurdlers ... fast running over barriers;
critical form elements ... lead leg; trail leg.

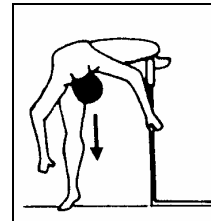
Lead Leg Attack Drill

Trail Leg Hip Circles

A & C

Slo Mo

Repeated reference to video and direct examples ... be patient.



5. Reaction Drills

A-Skip (5m) >> sprint 15-20m.
Running the Boards (3 secs.).
A-Skip (5m) >>Running the Boards >> sprint 20m.

6. Introduce Hurdle Drills

Low hurdles .. fast movements: marching stepovers (alternate lead leg);
single stepovers ... first for rhythm / then, for speed.

Goal: perfect hurdle movements over “low” barriers before any runs
over hurdles **patient progress !!**

7. Review

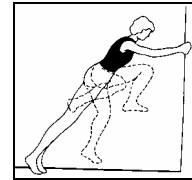
Revision of Drills ... Coach Commands; include Fast Claw.
Homework Poster .. Hurdling .. Stretches to assist.
Top Performers: Week 2.
Warm Down.

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The fact is: most junior sprinters will “hurdle” with success but are they acquiring skills that will enable them to negotiate higher age-group and ultimately senior hurdles?

We learn errors as quickly as correct movement patterns: our aim must be to educate the athlete for full realisation of their potential. **Coaches need courage** to maintain a focus on correct execution when short-term success is “easy”.

Week 3: Skills Squad



Patient Perfect Practice is essential; athletes must not hurdle until all critical form elements are demonstrated. Do not seek short-term success at the expense of longer term excellence.

1. Welcome

2. Warm-Up: active .. Coach Command Drills .. include 2 stretches, include. Modified Hurdle Sit.

3. Drills and Sprint Form

Apply Drills: 3-4 Technical Build-Up Runs .. “Toe Up, Heel Up, Knee Up” ..
Run Quietly stepping over the opposite knee.

4. Brief Review of Drills ... specific relationship to Hurdling (MUSIC)

Lead Leg Attack Drill
Trail Leg Hip Circles
A & C
Slo Mo

Drill both sides of the body to equality.
May involve extra emphasis on non-preferred side.

5. Introduce Hurdles ... low heights

Walking and Marching Steppers ... Right Lead; Left Lead; Alternate Lead
Stress! Drill both sides of the body.

Establish rhythm and confidence before progressing at speed.
Hurdles should be low enough to allow execution at speed, but high enough to require proper lead and trail leg execution.
Trail Foot **always** below / level with trail knee.

6. Overheads .. elite hurdlers

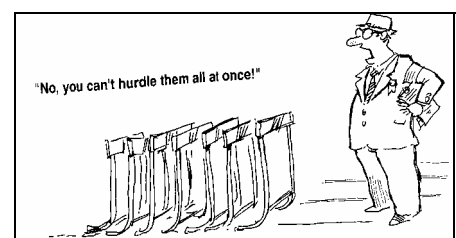
Brief discussion of critical form elements .. relate to drills.

7. Practice

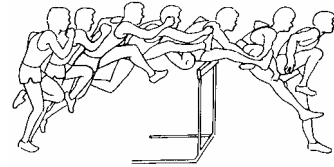
Slo Mo; Lead Leg Attack; Trail Leg Hip Circles; A & C.
Introduce A-B-C. (MUSIC)

8. Review

Revision of Drills ... Coach Commands; include Fast Claw.
Top Performers: Week 3.
Warm Down.



Week 4: Skills Squad



Patient Perfect Practice is essential; athletes must not hurdle until all critical form elements are demonstrated. Do not seek short-term success at the expense of longer term excellence.

1. Welcome

- 2. Warm-Up:** active .. Coach Command Drills .. include 2 stretches, include. Modified Hurdle Sit.

3. Speed Drills and Sprint Form ... A Review

Coach Command Drills ... various; increasing tempo and complexity.

4. Brief Review of Hurdle Progression (so far)

Lead Leg Attack Drill
Trail Leg Hip Circles
A & C
Slo Mo

Drill both sides of the body to equality.
May involve extra emphasis on non-preferred side.

5. Introduce Hurdles ... low heights ... use canes / sticks to stabilise upper body.

Walking and Marching Steppers ... Right Lead; Left Lead; Alternate Lead
Stress! Drill both sides of the body.

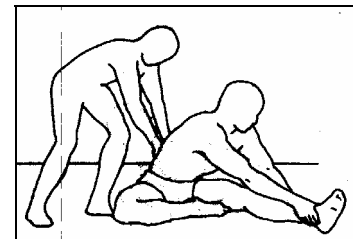
Establish rhythm and confidence before progressing at speed.
Hurdles should be low enough to allow execution at speed, but high enough to require proper lead and trail leg execution.
Trail Foot **always** below / level with trail knee.

6. Extension Drills

Straight Leg Bounding; SLB - Fast Leg: single, alternating.
SLB-Fast Leg over a (very) low hurdle.

7. Practice

Slo Mo; Lead Leg Attack; Trail Leg Hip Circles; A & C.
Introduce A-B-Trail Leg. (*MUSIC*)



Review Stretches. Introduce PNF Stretching

8. Review

Revision of Drills ... Coach Commands; include Fast Claw.
Top Performers: Week 4.

Athletes to **plan their own warm-up** for Week 5: written out (summary form) .. 15 mins.
(Warm-Up for a Hurdle Session)

Warm Down.

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Week 5: Skills Squad



Hold Your Nerve ... Revise / Reinforce
Persist patiently !!

1. Welcome

2. Warm-Up: Athletes apply their personal warm-up. Coach(es) review; gradings; comments.

3. Speed Drills and Sprint Form ... A Review

Coach Command Drills ... various; increasing tempo and complexity.

4. Brief Review of Drills ... specific relationship to Hurdling (*MUSIC*)

4.1	Lead Leg Attack Drill	4.4	A-B-C
4.2	Trail Leg Hip Circles	4.5	A-B-Trail Leg
4.3	Slo Mo	4.6	SLB-Fast Leg

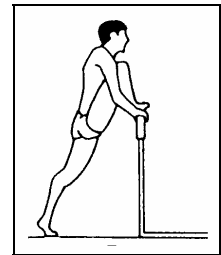
5. Hurdles ... low heights ... use canes / sticks to stabilise upper body.

Walking and Marching Stepovers (6H).. . Right Lead; Left Lead; Alternate Lead
Stress! Drill both sides of the body.

Single Stepovers: with / without stabilisers. (5 or 6H) ... establish rhythm;
timed efforts for speed ... preferred and non-preferred comparisons.

6. Review of Extension Drills

Straight Leg Bounding; SLB - Fast Leg: single, alternating.
SLB-Fast Leg over a (very) low hurdle.



7. Video analysis of Hurdle Drills ... personal videos.

8. Review

Hurdle Drills Circuit: Marching Stepovers (4H) >> Single (4H) >> Marching (4H).
Comments on Warm-Up and drills progression.

Level I Assessment next week.

Also, video of group and individual progress.

Top Performers: Week 5.

Warm Down.

Week 6: Skills Squad



Level 1: Testing

1. **Welcome**
2. **Warm-Up:** Active warm-up; incorporate brief review of all drills to be tested. Stretches. Brief outline of procedure.
3. **Level 1 Testing:**
 1. Lead Leg Attack (alternate)
 2. Trail Leg Hip Circles (Left and Right)
 3. Walk Stepovers (Preferred)
 4. Walk Stepovers (Non-preferred)
 5. Slo Mo (Preferred)
 6. Slo Mo (Non-preferred)
 7. Marching Stepovers (Preferred)
 8. Marching Stepovers (Non-preferred)

Testing to be videoed ... added to personal performance videotapes.

4. **Stretches:** 3-4 DFK Stretches; collation of testing results.
5. **Review of Sprint and Hurdle Drills**

Coach Command activities: include: A-Skip; B-Skip; A-B-C;
A-B-Trail Leg; SLB; SLB-Fast Leg.
6. **Video:** elite hurdle performers ... comments.

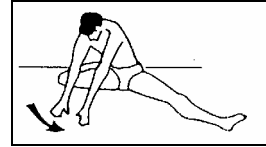
Take Home Test: Hurdling ... things to improve

7. **Review**

Hurdle Drills: Marching Stepovers (4H) >> Single (4H) >> Marching (4H).
Top Performers: Week 6.
Distribute certificates.
Next week: SLB-Fast Leg over low hurdles; mystery hurdle races.

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Week 7: Skills Squad



1. Welcome

Brief Review of Testing Week ... aims of Weeks 7-10

2. Warm-Up: Active warm-up, then, 5-8 Mins. Stretching.

3. Personal Videos

Review of a selected personal videotape(s); brief discussion; how to approach your tape? what to look for? watch more than once?

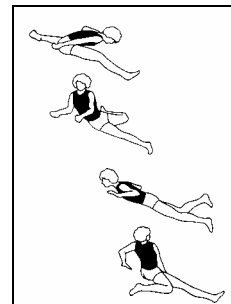
Take-Home Test .. review.

Re-Test / Level 2 Testing in Week 10.

4. Hurdling Circuit:

Preferred, Non-Preferred, alternate ... where appropriate.

1. Static Stretches
2. Lead Leg Attack: 2 x 10
3. Trail Leg Hip Circles: 2 x 10
4. Lead/Trail Leg Switch: x 10
5. Marching Stepovers: 4 x 6H
6. Single Stepovers: 4 x 6H



Lead/Trail Leg Switch

5. Review of Sprint and Hurdle Drills

Coach Command activities: include: A-Skip; B-Skip; A-B-C; A-B-Trail Leg; SLB; SLB-Fast Leg; (introduce: Karate Kid; Calvesi)

6. Mystery Hurdle Races

1. Sprint past H1 from crouch start: x 2
2. Sprint (crouch start) to H1 run maximum effort for 3 steps beyond the hurdle; 4 x H1: 2 x preferred / 2 non-preferred.
3. Marching Stepovers .. non-preferred (4H) >> Single (4H) >> Marching .. preferred (4H): x 2 (alternate Single phase).
4. Variable heights / distances.

If the athlete cannot run over low hurdles fast, they will never achieve speed over "higher" hurdles.
Be patient ... vary your approach.

7. Review

Hurdle Drills: Marching Stepovers (4H) >> Single (4H) >> Marching (4H).
Karate Kid; Calvesi.

Top Performers: Week 7.

Week 8: Skills Squad

1. Welcome

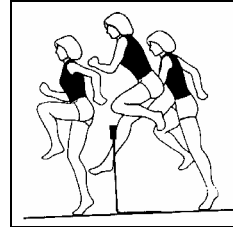
2. Warm-Up: Active warm-up: Medicine Ball Circuit; then, 5-8 Mins. Stretching.

3. Personal Videos: brief review of athletes response to advice of Week 7: reports on self-evaluation; “what do you need to focus on?”

4. Hurdling Circuit:

Preferred, Non-Preferred, alternate ... where appropriate.

1. Static Stretches
2. Lead Leg Attack: 2 x 10
3. Trail Leg Hip Circles: 2 x 10
4. Lead/Trail Leg Switch: x 10
5. Marching Stepovers: 4 x 6H
6. Single Stepovers: 4 x 6H

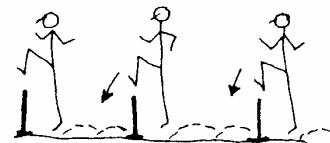


Repeat Circuit from Week 7 ... repetition is an essential aspect of skill acquisition; stronger technical emphasis and expectation this week:

***We are what we repeatedly do
(Only) Plenty of Perfect Practice Produces Permanent Perfect Performances***

5. New Drills: (Bush video):

- Rapid Lead Leg Drill
- Trail Leg Drill
- Hip Flexor Drills
- Crane
- Calvesi



Calvesi

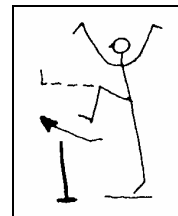
6. Mystery Hurdle Races

- 1.. Sprint (crouch start) to H1 run maximum effort for 3 steps beyond the hurdle; 4 x H1: 2 x preferred / 2 non-preferred.
2. Single Stepovers (5H): timed efforts aiming to achieve the same time with each lead leg.

If the athlete cannot run over low hurdles fast, they will never achieve speed over “higher” hurdles.
Be patient ... vary your approach.

7. Review

Hurdle Drills: Marching Stepovers (4H) >> Single (4H) >> Marching (4H).
Top Performers: Week 8.
Level 2 Testing: Week 9-10 .. Single Stepovers; A-B-C; A-B-Trail Leg;
Rapid Lead Leg; Calvesi;
Crane (Freeze Frame or Karate Kid)



Karate Kid

Week 9: Skills Squad



1. Welcome

2. Warm-Up: Active warm-up: Medicine Ball Circuit; then, 5-8 Mins. Stretching.

3. Level 2 Testing:

Review
of all
Drills

Testing: Week 10

1. Single Step (5 Hurdles / Preferred)
2. Single Step (5H / Non-Preferred)
3. A-B-C
4. A-B-Trail Leg
5. Rapid Lead Leg (P)
6. Rapid Lead Leg (NP)
7. Crane / Freeze Frame / Karate Kid
8. Calvesi

Music ... Music
Rhythm / Technique
Emphasis

4. Starts: Sprint v. Hurdle Starts
Discussion of different approaches; steps to H1.
Review of Sprint Start Technique ... Standing; 3-Point; Crouch.
Block Starts (*back foot on skirting board*) past H1.
Block Starts over H1.

5. Drills Review: Rapid Lead Leg Drill
Trail Leg Drill
Hip Flexor Drills
Crane
Calvesi

6. Competitive Hurdle Drills

Single Steppers (5H): timed efforts aiming to achieve the same time with each lead leg.

7. Review

Hurdle Drills
Top Performers: Week 9.
Level 2 Testing: Week 10 .. Single Steppers; A-B-C; A-B-Trail Leg;
Rapid Lead Leg; Calvesi;
Crane (Freeze Frame or Karate Kid)

Week 10: Skills Squad

1. Welcome

2. Warm-Up: Active warm-up, incorporating a brief review of all Level 2 Drills.

- 3. Level 2 Testing:**
1. Single Step (5 Hurdles / Preferred)
 2. Single Step (5H / Non-Preferred)
 3. A-B-C
 4. A-B-Trail Leg
 5. Rapid Lead Leg (P)
 6. Rapid Lead Leg (NP)
 7. Crane / Freeze Frame / Karate Kid
 8. Calvesi

Testing to be videoed ... added to personal performance videotapes.

Stretches: 3-4 DFK Stretches; collation of testing results.

4. Hurdle Runs: Low Hurdles: 4H up / 4H back; introduce 5-step pattern;
Non-preferred Lead Leg - Up; Preferred lead leg - Back.

5. Drills Review:

- Rapid Lead Leg Drill
- Trail Leg Drill
- Hip Flexor Drills
- Crane
- Calvesi

7. Review

Top Performers: Week 10; Level 2 Evaluation Certificates.

Collect personal videos to add footage.

Where to from here?

