

How to Unleash the Full Potential of your 100/110 hurdlers

techniques to hurdle

Hurdle specific drills

- Train with drills directly related to the actual event-(do drills at 60% of hurdle speed that is performed in the event)
- One step hurdle drill over the top
(this drill is working on an active lead and trail leg-setup hurdles 12 or 13 feet apart)
- Drills on the side of hurdle, lead & trail leg
(hurdles will range from 2 to 3 feet closer)
- Hurdling with 5 step-(this is working on quick feet action)

Body Positions

- The hurdler must always stay forward:
- Going into the hurdle-(this is most important to reduce breaking action)
- In between hurdles
- Over top of hurdle -this is important to keep the center of gravity out in front,
- A forward position is important off the hurdle to reduce breaking action at touch down

Touchdown Points

- Touchdown points are important to produce efficient hurdle clearance.
- Use a mark to identified take off point into the hurdle—(to ensure proper take off distance, being too close will cause a vaulting action) (tape, cones, powder, chalk)
- Use a mark to identified touchdown point off the hurdle —(to ensure proper landing as close to the hurdle as possible, which also allows the foot to touchdown underneath the center of mass, gives more room to run in between the hurdle)

Progressively closer hurdles (hurdles 1-3 / 6 inch, hurdles 4-6 / 1 foot, hurdles 7-9 / 1-1/2 feet.
