

# Basic Fundamentals of Sprint Hurdling

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## Hurdles Should Be Taught In A Progression

- 1) Walking
- 2) Skipping
- 3) Jogging

## Trail Leg Points of Emphasis

- 1) Heel To Butt
- 2) Knee Higher Than The Foot
- 3) Knee To Elbow, Under Armpit
- 4) Finish With Knee and Toe Pointing To Next Hurdle

## Arm Action

- 1) Different between Women and Men
  - a. Women pitch/punch, don't cross
  - b. Men bend and drive up
- 2) The lead arm "cuts off" the knee
- 3) The trail arm remains in the hip area

## Lead Leg Points of Emphasis

- 1) The lead leg must go with the knee into the hurdle initially, with the knee/foot opening up later
- 2) There should never be an emphasis on the lead leg opening up fully
- 3) The lead leg should be cued to snap down and back towards the hurdle quickly, get the foot underneath the center of mass

## Short Hurdle Keys

- 1) All hurdlers regardless of sex or skill run the same number of steps (unless you have an outlier that can run 7 steps to the first hurdle), 41, so frequency (in addition to efficient hurdle clearance) is the key
- 2) The take off and touchdown distances are key. 3m for women (approx 2m in and 1m off) and 3.2 meters for men (approx 2.10m in and 1.10m out). Keep most of the parabola in front of the hurdle.
- 3) Keep the hurdles low and close initially and open them up and out as the skill level improves. 13% decrease to begin, 7.4 women, 8.0 men

## Hurdle Drills/Mobility

- 1) Over and Pause
- 2) Side Skip/Lead Leg Cueing
- 3) Over and Back
- 4) Over and Under
- 5) Rail Drills (Emphasis on Angle of Drive for Trail Leg)
- 6) Wall Drills for Lead Leg
- 7) Rubber Band Drills, Lead and Trail Leg
- 8) Box Drills for Trail Leg Push
- 9) Get Away Drills

## Training Emphasis Exercises

- 1) Bounding/Speed Bounding
- 2) Stick Drills
- 3) Pattern Acceleration to the first hurdle
- 4) Take off and touchdown marks for all exercises
- 5) Turn Running

Technique over the hurdles is extremely important, but not as important as the ground time in between. The technique is mostly important as to the effect that it has on ground time, but for no other reason. Trying to get faster over the hurdles will give you minimal gains. Most hurdlers average .30-.35 seconds over the hurdle, regardless of the caliber of hurdler. The biggest gains to be made are in the time between the hurdles which hurdlers range from .690 seconds (elite) to .890 seconds (average to poor ). This is the time between lead leg touchdown to trail leg toe off between the hurdles. You can make more significant gains in this area, so once the technique and spacing are reasonably established, the emphasis should be on rhythm and frequency between the hurdles.