

# ***Middle School Hurdles***



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# Attitude/Knowledge about hurdling

- ❑ Be the best “thief” as possible. Talk, listen, observe from every coach.
- ❑ “Nuggets” - (Words & phrases)
  - ❑ Concise (clearly, but in a few words)
  - ❑ “Vocab” (use same key words)
  - ❑ K.I.S.S. = Keep it simple stupid

EX: “fast arms” - “sprint between the hurdles” - “strong lead leg” - “attack”

- ❑ Talk to athletes & ask simple questions.
  - ❑ “How did that feel?”
  - ❑ “What are you having problems with?”
- ❑ *PAY ATTENTION TO DETAIL* - Coach them up! Look and find something that will make them faster & more efficient. “Don’t cheat the kids” (Wake)
- ❑ Telling isn’t doing! “Well, I told them...” - Not acceptable!
- ❑ Always talk to your athletes before they leave practice.

# Tryouts

- ❑ Give an athlete 3 attempts to hurdle a cone, pizza box or scissor hurdle (18-24”).
- ❑ My cue to them... “Act like you are running from something and jumping over a rock or puddle of water”
- ❑ After 1st attempt, separate in YES or NO group. (Put maybe’s in YES group).
- ❑ 2nd & 3rd attempt, will finalize your group.
- ❑ Play around with this! Do you use 2 cones? Height of cone? # of attempts?

*\*What are you looking for?*

- 1) Lead leg
- 2) Aggressive/Fear into the obstacle
- 3) Foot speed

# Wall Drills - 30" hurdles

- ❑ Lead leg March
  - ❑ 5 marching steps into the hurdle
  - ❑ Rt. leg heel hits the black box - "Karate kick"
  - ❑ arm position- *"Read the watch, reach for baton"*
  - ❑ ground foot on ball and 45°
- ❑ Trail leg circles
  - ❑ have the hurdle split the crotch of athlete
  - ❑ arms fully extended
  - ❑ drive the knee & keep heel in tight
  - ❑ collapse the arms as you move
  - ❑ bellybutton to the wall/fence
- ❑ Trail leg drags
  - ❑ turn the hurdle 90° - 33" toward wall & 30" in back
  - ❑ start full extension
  - ❑ "drag the arch"
  - ❑ collapse the arms as you move
  - ❑ eyes under the armpit to start & go slow

# Scissor hurdles

- ❑ 3 hurdles @ 24” height
- ❑ 3 x - Down w/ Rt. lead leg; back w/ Lt. leg
- ❑ Keys (K.I.S.S.) - Form only (5 step)
  - ❑ Lead leg
  - ❑ “Staying Square”
  - ❑ Arm position
  - ❑ Trail leg
- ❑ Work your way to 30” hurdle on the track - same drill
- ❑ Hurdling is about repetition & practice.
- ❑ Coach kids on the run. Say something to them after every rep. “Nuggets”

# Daily Hurdle Workouts

- ❑ 3 - 4 - 5 Steppers - 30" hurdles
- ❑ 1st week - 3 hurdles; 2nd week - 5 hurdles
- ❑ Discount the hurdles to teach easier rhythm & better running mechanics
  - ❑ 3 stepper - 1. Builds confidence                      2. Leg speed gets faster                      3. Faster Rhythm
  - ❑ 4 stepper - 1. Way to get them to 3 step                      2. Leg speed gets faster                      3. Faster Rhythm
  - ❑ 5 stepper - 1. Way to get them to 4 step                      2. Gets them to use the other lead leg
- ❑ Have a girls line and a boys line
- ❑ Standing starts...3 point starts...blocks
- ❑ Run thru...coaching point...next athlete - Lots of reps!
- ❑ Celebrate any success!
- ❑ End with (4) x 30 - 80 M sprints - no hurdles

# Extra workouts

- ❑ Repetitions will vary, based on the athlete
- ❑ Hurdle 1st 3 - sprint to cone @ hurdle #6
- ❑ Hurdle 1st 5 - sprint to the finish
- ❑ Remove all even hurdles - Hurdle odd ones - 100/110
- ❑ Race 2 athletes for 1st 5 hurdles - 3 point start - Competition brings out the best - Athletes MUST Finish - 20 pushups if they don't - ***Pressure at practice***
- ❑ Race 3-4 steppers with slower 100M kids - 3 hurdles - Cone Finish at 4th hurdle

# Video

- ❑ Invaluable to helping athletes
- ❑ Show to kids on the track at practices
- ❑ Video them at meets. May not get the whole race due to athletes racing at same time. You can view it and figure out what needs to be done at the next practice.
- ❑ Show athletes youtube video of hurdling. Slow motion. Ask them what they see.
- ❑ Always find something good...always find 1-2 things to improve on!
- ❑ Critique yourself! How can I coach better?



# 200 M Hurdles

- ❑ “Attack” mentality
- ❑ Teach hurdlers to lead with either leg
- ❑ Workout -
  - ❑ Stagger 3 hurdles (1st 100M) - Must Finish
  - ❑ Setup hurdle 4 & 5 - Run 150-200M
- ❑ “If you’re going to lose, lose at the end”
- ❑ Last hurdle - “He who jumps 1st, Wins!”

# Blocks/Starts

- ❑ Starting gun - Have 2 blocks of wood for sound. Train the nervous system to listen for sound
- ❑ 100/110 - Lead leg in back of the block - 8 steps
- ❑ 1st 4 steps are head down and drive out of the blocks - 5th step head comes up & eyes find the hurdle - (use a cone as visual cue near 4th step)
- ❑ “Attack” 1st hurdle - controlled & aggressive
- ❑ Use 2-3 athletes to race/compete to 1st hurdle

# Coaching Tips

- ❑ Use lower hurdle heights and shorter hurdle spacing
- ❑ Teach beginning hurdlers to lead with either leg
- ❑ Teach hurdles as a sprint over barriers
- ❑ Train for fast hurdling
- ❑ Train for speed endurance

-Tim Walters