

TEACH'EM TO 3 STEP

WAYNE CLARK

M-F ATHLETIC

REASONS WHY OR WHY NOT

- 4 Step is OK (not 5 step)
- Can He/She ever 3 step
- May never 3 step in practice
- Mental blocks
- Strength thing (Height/ Muscle/ Maturity)
- Speed thing
- Technique (Running/Hurdle/Knee Lift)
- 3 step-4 step- 3step
- Just happens in a meet

WAYS TO "TEACH 'EM TO 3 STEP"

Starts to 1

- 8 step (7-8-9-10) explain how to count
- Reverse Blocks
- Use "Low" Hurdles (sticks, banana steps)
- Closer Debate
- Spikes
- Momentum To and Off One
- "Confident Aggression"

Just Lay Hurdles Down (Board on Line)

- Blocks or No Blocks (Probably No Blocks)
- Let them Run and Try to Step **(if they can't "Sprint" and 3 step, you are wasting your time)

Adjust Hurdles for Success – “Guarantee Success”

- Set so they can't fail- (Closer, Lower, etc)
- Gradual lower Hurdles (36-33-30-etc.)
- Gradual lower Hurdles (30-24-18-12-6)

Graduation lanes from blocks

- Lane 1: 4'-8'-12'-16'-20' Closer
- Lane 2: 3'-6'-9'-12'-15' Closer
- Lane 3: 2'- 4'- 6'- 8'- 10' Closer
- Lane 4: 1 ½'- 3'- 4 ½'- 6' 7 1/2' Closer
- Lane 5: 1'- 2'- 3'- 4'- 5' Closer

Take out 1st Hurdle Drill

- Now you will move Hurdle 2; five feet closer
- Now you will move Hurdle 3; five feet closer
- Now you will move Hurdle 4; five feet closer
- Go from Blocks with Spikes at Full Speed
- **GIRLS AT 30"**
- **BOYS AT 33"-36"**
- **Athlete: 12 steps to 1st hurdle then 3 steps**

Increased distance drill

- FOR ENDURANCE, STRENGTH, DRIVE
- GIRLS AT 30"
 - 5yds,5yds,5yds,6yds,7yds,8yds,9yds
- BOYS AT 33" OR 36"
 - 6yds,6yds,6yds,7yds,8yds,9yds,10yds
 - Easy 3 step to harder and harder 3 step

Lengthen Hurdle Drill (this is a 4 Step Drill)

- We will put the Hurdles Progressively further apart
- 3 to 5 Hurdles
- 2'-4'-6'-8'-10' further apart
- 3'-6'-9'-12'-15' further apart
- 4'-8'-12'-16'-20' further apart
- Reach a point of putting them back and 3 stepping

1 – 3 – 5 DRILL

- Take out hurdles 2 and 4
- GIRLS AT 30"
- BOYS AT 33"-36"
- Athlete 7 steps very fast
- Teaches Speed- which will carry over to run
- Faster between Hurdles at regular spacing

CONTACT INFORMATION

WAYNE CLARK

M-F ATHLETIC

WAYNE.CLARK@MFATHLETIC.COM

1-800-561-6723