

HURDLE TERMINOLOGY 101

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Hips Tall position - Where the head, neck, back, and hips are in alignment. When leaving the starting blocks, the hurdler must be in a "Hips Tall" position no later than the 4th or 5th stride to insure proper hurdle clearance on the first barrier.

Dorsi-Flexion - Heel up/toe up at all times when running. Thru the use of "Dorsi-Flexion" the hurdler will gain 2-3 inches in **lead leg** clearance and **trail leg** clearance.

Flexibility - Flexibility is *key* to being a successful hurdler. The hurdler must be extremely flexible in the hip and groin area due to the physical demands of the event. The reality is the hurdler should be one of the most flexible athletes on the track team.

Tunnel Vision - Tunnel vision must be used by the hurdler for the entire race in order to not let distractions or other athletes interfere with his concentration and performance.

Neutral Head position - A "neutral" head position is the position your head is in when you are walking. A neutral head position must be used at all times.

Stretching - Stretching is vital to hurdling success - Elite Hurdlers stretch twice a day.

Maintain a level head position - The height of the hurdler's head position should never deviate whether they are on or off of the hurdle. There is no up and down motion. The head maintains a straight level line throughout the race.

Lead Arm Thumb Up - Arm movement is front to back with no side movement. By having the hurdler keeping his *lead arm thumb up* at all times much of the unnecessary arm motion or "airplaning" will be decreased.

Core Strength -The hurdler must have a great abdominal muscles or "Core Strength". A good core will help the athlete to fight off fatigue late in the race and to maintain proper technique.

Alternate Leg - The *alternate leg skill* is the ability to use either the left or right leg to clear the upcoming hurdle. All elite intermediate hurdlers must learn how to use both the right and left lead leg automatically as needed without thinking about it.