

300 Hurdles

This ppt. does NOT have the video's that will be included in the presentation



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300 Hurdles



- In this session we will examine:
 - Characteristics of a 300 Hurdler
 - All Phases of the Hurdle technique
 - Drills for the 300 Hurdles
 - How to analyze your hurdler
 - Corrections of common faults

300 Hurdles

Desired Characteristics



- Strong
- Aggressive
- Confident
- Flexible
- Mentally Tough
- Good 400m runner



300 Hurdles 


Phases

- **There are 6 Phases of Hurdling**
 - **Start**
 - **Approach**
 - **Take Off**
 - **Clearance**
 - **Landing**
 - **Stepping out to next hurdle**

300 Hurdles  

Start

- **Lead Leg is back in the blocks**
- **Take 22-24 steps to first hurdle**
- **Come out a little faster than a 400 m pace**

300 Hurdles 

Approach

- **Gain a "tall" position**
- **This allows for a faster turnover and achieving maximum speed to the hurdle**

300 Hurdles



Take-Off

- **Attack** the hurdle while keeping hips tall.
- Drive into the hurdle with the knee and not the foot!
- If the hurdler leads with the foot, this will cause them to float over the hurdle and gain too much height.



300 Hurdles



Clearance

- The lead leg should always have a slight bend to it.
- Ideally their head should stay level with their normal running.
- Arms should have normal hurdle positions.
- Arm positions are not as specific as in the highs because the hurdler is trying to maintain balance with the arms.


300 Hurdles





300 Hurdles
Landing

- The hurdler should land on their toes with the foot below their center of gravity.
- If the foot is in front of the center of gravity, it will act as a braking mechanism and the hurdler will lose their forward momentum.



300 Hurdles
Stepping Out to the Next Hurdle

- Keep their trail leg knee high as they come off the hurdle so they can have a fluid step off the hurdle.
- Stay tall off the hurdle
- If they squat (sit) over the hurdle, it will cause them to decelerate off the hurdle.
- Arms need to be under control and resume the normal sprinting positions.

Hurdle Drills

- Hip Circles
- Lead Leg Walls
- Walking Hurdles (both legs)
- Hurdle '5 step'
- Bust outs 1, 2, 3 hurdles
- Slow-Attack-Slow
- Last hurdle on repeat 200's (not every interval though)

Hurdle Drills

- **Bust Outs**
- This is a term I use when I want them to come out of the blocks over the 1st hurdle, first 2 hurdles, or first 3 hurdles. I say 'Bust 1', 'Bust 2', or 'Bust 3'
- Keep the hurdles at normal positions
- Do this in all types of weather
- Do this in spikes if you want
- Put cones up to represent a 'finish line' after their last hurdle

Hurdle Drills

- **Slow-Attack-Slow**
- Set up the last 3 hurdles and have them start at the placement of hurdle #5
- Approach #6 slowly (relaxed), then the last 4-6 steps before the hurdle they pick up their knees and ATTACK the hurdle.
- Then resume slowly to #7,...

Hurdle Drills

- **Slow-Attack-Slow Drill**



Hurdle Drills

- **Last Hurdle**
- **Sometimes I will set the last hurdle up and have them go over it when they are running repeat 200's.**
- **Don't do this with each interval though.**

How to Analyze your Hurdler

- **You should video tape as often as possible (practices and meets). You the coach should watch the tape first, then with the athlete.**
- **Write down points that you want to emphasize so that you don't forget them.**

How to Analyze your Hurdler

- **Stay positive in your critique of the athlete. You must instill confidence!**
- **Find something that they do correctly and zero in on that first.**
- **Then you can start to work on faults that they need to improve.**

How to Analyze your Hurdler

- Get feedback from the athlete on how they felt about the race.
- Look at the before mentioned points and see if they are following them.

How to Analyze your Hurdler

- Watch to see if there is drastic deceleration in the approach or coming off the hurdle. See if they lose their momentum
- Are they *efficient* with their body movements? Are they balanced?

How to Analyze your Hurdler

- See if they are keeping their form throughout the race.
- Their 2nd half of the race should not be slower than 2-2.5 seconds from the first half (the 4th hurdle is the ½ way mark).
- This can be analyzed by touchdown times.

Touchdown Times

Target time	H 1	H 2	H 3	H 4	H 5	H 6	H 7	H 8	Finish Time
39.4	6.1	10.9	15.2	19.5	23.9	28.5	33.2	38.0	39.4
40.8	6.8	11.2	15.6	20.1	24.6	29.4	34.3	39.3	40.8
42.2	7.1	11.6	16.1	20.8	25.5	30.4	35.5	40.7	42.2
43.7	7.3	12.0	16.7	21.5	26.4	31.5	36.7	42.1	43.7
45.2	7.6	12.4	17.3	22.2	27.3	32.5	38.0	43.5	45.2
46.6	7.8	12.8	17.8	22.9	28.1	33.6	39.2	44.9	46.6
48.8	8.0	13.2	18.4	23.6	29.0	34.6	40.4	46.3	48.8

Correction of Common Faults

- **Floating- Leading with foot rather than knee**

Correction of Common Faults

- **Floating- Leading with foot rather than knee**

- **Work lead leg walls. Emphasize 'heel on the butt'**

- **Get them to think about stepping over the hurdle not jumping it.**

Correction of Common Faults

- **Chicken-Stepping (stuttering) to the Hurdle**

Correction of Common Faults

- **Chicken-Stepping (stuttering) to the Hurdle**
- **Work on opposite leg hurdling. They are chicken-stepping because their steps are off and don't have the confidence to opposite leg hurdle**
- **Get them to ACCELERATE into the hurdle instead of slowing down**

Correction of Common Faults

- **Rocking Back off the Hurdle**

Correction of Common Faults

- **Rocking Back off the Hurdle**

- **Taking off to far away from the hurdle**
- **Landing with lead foot in front of center of gravity**
- **Not keeping shoulders forward**

Correction of Common Faults

- **Not getting 22 steps to the first hurdle**

Correction of Common Faults

- **Not getting 22 steps to the first hurdle**

- **Adjust the amount of time they are in the 'drive' phase out of the blocks.**
- **Do Bust 1's in spikes**

Correction of Common Faults

- **Arms and torso twisting violently**

Correction of Common Faults

- **Arms and torso twisting violently**

- **Some arm/torso twisting is ok as long as it does not disrupt the momentum.**
- **Have them continue to walk hurdles and then go over hurdles slowly working muscle memory. (5 step drill, and slow-attack-slow drill)**

General Comments

- **Make sure they work on opposite leg hurdling on a regular basis**

- **I tell them their goal is for me to not recognize when they are going opposite legs**

- **This way they can just run and take whatever leg comes up**

General Comments

- **Make sure your hurdlers are aggressive into the hurdles**

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- **Work on 'Bust 1'**
- **Slow-Attack-Slow drill**

General Comments

- **Make sure your hurdlers are bringing their trail leg thru and stepping out to the next hurdle to keep their momentum**

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- **Hip Circles**
- **Walking Hurdles (move them farther apart so they have to reach a little more)**

General Comments

- **Left lead leg is desired on the turns**
- **They will be able to hug the inside of the lane if they lead with the left leg.**



General Comments

- **Each meet/practice there should be a goal or something specific to work on and for you to analyze.**
- **Don't worry about other aspects when you pin-point 1 item. Those other points will lack with the young hurdler.**

General Comments

- Have them run this race as much as possible without getting stale on it.
- If you've reached a point where you see no improvement, then pull them off for 1 week.

General Comments

- In practice, when their form breaks down or their speed drastically drops, then they are done for the day.
- No good will come from them not being at their best. I usually only go over 1-3 hurdles at a time.

General Comments

- Where should you watch these athletes



General Comments

- They should train with your 400 m athletes and they should be running the 400 m indoors and coming back to a 4 x 400.
- Outdoor, have them run a 4 x 400.

General Comments

- How should they run the race?
- Attack the first 200 m, then hold on!

Thank You for Attending

- Please feel free to contact me at anytime with questions/comments.
- Good Luck with your season.
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