

Coaching 101

Sprints & Hurdles

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SEASON SET-UP

- Info Handouts
 - Posted by locker rooms for pick up
 - Practice dates/times
 - Other practice info
 - Meet info/Meet dates
 - “Things To Do” List
- Promo Flyers
- School Announcements/Email Announcements
- Email List Serve included in handouts
- Website for paperwork
- Paperwork Collection?

TYPICAL PRACTICE

- Warm-up as a large group (800 meters, on a normal day)
- Static stretching as grade level teams (Build team unity)
- Team talks (Announcements, meet results, upcoming meets, etc.)
- Dynamic stretching as grade level teams (AKA “Footwork Drills”)
- Workout (As large group, level teams, and/or break outs into specialty events)

DYNAMIC STRETCHING

- Footwork drills as grade level teams
 - High Knees (not exaggerated)
 - Butt Kicks (knee in front)
 - Skip for Height (opposite arm action)
 - Skip for Distance (without over-striding)
 - Straight-Leg Strides (AKA Paytons)
 - Carioca (grapevine... high knee in front for hip flexor action)
 - Accelerations (walk into it... increase speed into full sprint by ~50m)

OTHER DYNAMIC STRETCHES

- Leg Swings (front & side)
- Hip Circles (forward & back)
- Roll Back Hurdlers
- Log Roll Hurdlers
- “A” High Knee Drill
- “B” High Knee Claws
- Walk on Toes
- Walk on Heels
- Builds
- Blasts
- Fall Out Sprints
- Broad Jump Sprints

HURDLER DRILLS

- Form Work
 - Hurdle Walking
 - Stationary Trail Legs
 - Stationary Lead Legs
 - Trail Leg Drill
 - Lead Leg Drill
 - Trail + Lead Leg Combo
 - 1 Step Trail Leg Drill
- Speed Work
 - First Hurdle Sprints
 - 3 Step Trail Legs
 - 3 Step Lead Legs
 - 3 Step Over 2H
 - 3 Step Over 3H
 - Partner Races
 - Starting Blocks

HURDLER WARM-UPS

- Hurdler Warm-Up #1
 - Leg Swings
 - Lead Legs
 - Hip Circles
 - Hurdle Stretches
 - Walking (3H x 5)
 - Trail Leg Drill (3H x 5)
 - Blasts over 1st Hurdle (5x)
- Hurdler Warm-Up #2
 - Leg Swings
 - Lead Legs
 - Hip Circles
 - Hurdle Stretches
 - Walking (3H x 5)
 - 1 Step Trail Leg Drill (3H x 5)
 - Builds to 2nd Hurdle (5x)

NUMBER WORKOUTS

- See samples in Power Point

STARTING BLOCKS

- Get in blocks right away
- All sprinters, hurdlers, & relay runners need to use blocks
- Use towards the end of practice or within workouts
- Starting line = fixed line on ground/track or use a rope for consistent hand placement
- Always have another athlete standing on back of blocks
- Starts can be done alone, as partner races, or as group races
- Starts alone w/out command or as groups on coach's call
- Starts to ~10, 20, or 50 meters
- Work in blocks during time trials for athlete comfort at meets

STARTING BLOCKS CONTINUED

- Block placement:
 - Front of blocks set 1 shoe length back from starting line
 - Front foot ~1 ½ shoe lengths from line
 - Back foot ~2 ½ shoe lengths from line
 - Feet on blocks with tiptoes on or near ground
- On "MARK" command, take time to get feet in first with back knee on ground
- Hands wide, weight on fingers and thumbs, up to line w/out touching it
- Shoulders move forward over line
- Eyes down
- Listen for starter
- Raise up on "SET" command so that hips are at or slightly above head level
- Eyes stay down, body remains motionless until gun
- Don't anticipate, but don't sit back– should feel like a coiled spring
- Drive out on sound of gun– head down, knees up, arms exaggerated, toes digging
- Work first 10+ meters before getting into full sprint with eyes ahead

TYPICAL PRACTICE/TYPICAL WEEK

- See samples in Power Point

RECOMMENDATIONS

- Prepare
- Be approachable
- Advertise & Announce– get info to your athletes and parents
- "Stick to your guns" but also know when to be flexible with workouts & athletes
- Coach what it *is* & what is *isn't*
- Set school traditions, keep school records, celebrate personal records
- Have fun with workouts and athletes
 - Running games
 - Team talks, giving feedback
 - Named workouts
 - Remember when?

- Be in contact with other coaches

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