

Basic Hurdle Technique

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Background: Between 1988 and the present Merrimack High School athletes have won thirty five division 1 and/or State of New Hampshire hurdles championships. Additionally Merrimack athletes have twice been New England Hurdles Champion, two times runners up and numerous third through sixth place finishes. The purpose of this clinic is to share what we have done at Merrimack High School to train these athletes.

Philosophy: Hurdle events require an athlete to possess ,speed, stamina, strength and agility. In order to accomplish these it requires that the athlete be willing to train to get into optimum physical shape then combine that with hurdle specific drills to enhance technique. What we hope to do today is break down the training and practice into specific areas and a progression that has been successful at Merrimack.

Conditioning: There are three phases to the conditioning:

1. Preseason: If an athlete plays a Fall sport that is all the conditioning they need at this phase. If the athlete does not play a Fall sport they are encouraged to become participants in Cross Country and do what we call Fall track. The athletes work on their strength at this time by doing basic distance training which includes hill workouts, tempo runs , long slow runs and getting into the weight room.
2. In-season conditioning this includes basic sprint training augmented with workouts that combine hurdling technique with conditioning. We will go over some of these in the presentation.
3. Championship season: Late in the season very hurdle specific drills with a minimum of conditioning. We will go over some of these later I the presentation.

Teaching the hurdles:

1..Stretching:

Lead leg

Trail leg

2. **Static Hurdling:**

3. Motion Drills:

- lead leg
- trail leg
- combining the two

4. The start:

How to determine foot placement in the blocks depends on the number of steps to the first hurdle.

5. Racing:

Moving the hurdles to give the athlete confidence.

6. The High Hurdles:

- five hurdle drill
- close order drill
- speed between the hurdles drill
- competitive starts

7. **The Intermediate Hurdles:**
600 meter drill

Closing Remarks

