Hurdling 101:
A step-by-step guide to Learn Hurdling

Below is the handout. To access the video, click on the link below:

https://acemethodcoaching.com/hurdling-101/
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Phase 1 - Hurdle Technique Basics
Practice these drills in order:

- Fence/wall trail leg
- Fence lead leg
- Arm drill
- Marching trail leg no arms no hurdle
- Marching lead leg no arms no hurdle
- Marching lead/trail leg no arms no hurdle
- Marching trail leg with arms no hurdle
- Marching lead leg with arms no hurdle
- Marching lead/trail leg with arms no hurdle
- Marching trail leg no arms over hurdle
- Marching lead leg no arms over hurdle
- Marching trail leg with arms over hurdle
- Marching lead leg with arms over hurdle
- Marching lead/trail leg with arms over hurdles

Simultaneously, work on these running drills to prepare to run over and between hurdles:

- Practice good sprint technique
- Practice sprinting over imaginary barrier every 3rd step
- Get comfortable with both legs
- Practice sprinting over imaginary barrier every 4th step

Note: The highlighted drills are milestones. Once you reach one, there is no need to ever do the preceding drills. Once Phase 1 has been mastered, proceed to Phase 2. Note: Continue practicing Marching lead/trail leg with arms over hurdles as a warmup while in Phase 2.

Phase 2 – Intro to Steps
Same as phase 1, but with small hurdles 12 inches or less. (Refer to video on turf field with small hurdles.)

Mark a start line. Run 8 steps and jump over an imaginary hurdle. Mark the take off point. Position first hurdle 1.5 m away. Run from start line, clear the first hurdle, but continue running and jump over a second imaginary hurdle. Mark the take off point. Position second hurdle 1.5 m away. Measure the distance from the 1st to 2nd hurdle. Place the 3rd and 4th hurdle at the same spacing. Practice running from the start line to over all 4 hurdles (or more). Challenge yourself to gradually increase speed and distance—but not to detriment of sprint technique. Once girls reach 13m (14.2 yds) to 1st hurdle and 8.5m (9.3 yds) between each hurdle, they are ready for Phase 3. Boys need 13.73m (15 yds.) to the first hurdle and 9.14m (10 yds.). If the athlete can’t achieve this with little hurdles, they will not be able to 3 step actual hurdles. They will need to shift to 4 steps. Once 3 or 4 steps with the small hurdles has been mastered, the athlete is ready for Phase 3.
Phase 3-Learning with Real Hurdles
By this point, the athlete should be using the Hurdle Warmup Progression at the start of every practice.

Phase 3 has the identical progression as Phase 2, but with real hurdles at the lowest setting. Boys should start with the low setting, but gradually increase height to 3 inches (1 click) lower than race height. With repetition and focus on improving technique, the athlete will run faster, clear hurdles lower and quicker, maintain speed between the hurdles and be able to spread the hurdles out because their stride length will increase naturally. Once they can successfully run from the start line to over 4 hurdles at a spacing of 1 foot length less than the official distance, they have achieved intermediate status and are now ready for Hurdling 201: Hurdle Training Strategy Map.

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