

# **SPRINT HURDLES FOR LITTLE ATHLETICS**

## **TRAINING SESSIONS**

### **A. SPRINT HURDLE TECHNIQUE**

1. Hurdling begins from the lead leg - during ground support - before the hurdle.
2. The hurdler concentrates on driving the hips over the hurdle rail.
3. Projection of the center of mass in the direction of the hurdle establishes a tall and forward hips position while attacking into the take-off.
4. Preparation for take-off:
  - *During the drive phase the opposite leg (take-off leg) is recovered in a manner slightly different from optimal sprint-recovery mechanics.*
  - *The ankle of the recovering take-off leg (which after take-off will become the trail leg) passes below the knee of the driving lead leg.*
  - *The take-off leg is blocked (rapidly decelerated), then re-accelerated in a negative direction (backward and downward causing negative foot speed) in preparation for ground contact and force application. The above results in a quick step.*
  - *The foot remains dorsi-flexed (toe-up).*
  - *The hips are tall and, therefore, similar to the attack in the straight-leg bound drill. The hips remain tall through the take-off phase.*

### **B. TAKEOFF:**

1. The most important aspect of hurdling.
2. Take-off approximately 2 meters from the hurdle.
3. Ground contact is made with an active foot and almost under the center of mass.
4. The body remains tall at the hips.
5. Continued extension at the hip joint strives to project the hips over, through, and past the hurdle rail

### **C. LEAD-LEG ACTION:**

1. As the lead leg leaves the ground after its drive phase, it is recovered with proper mechanics (toe-up, heel to butt, step over the knee, thigh up).
2. The thigh is halted at an attack angle which has the knee pointing slightly above the hurdle rail.
3. As the thigh is abruptly decelerated, the lower leg swings open.
4. The ankle remains in a dorsi-flexed position (toe-up).
5. As the lead leg reaches a straight knee position, the lead leg is accelerated down and back, so as to run off the hurdle.
6. Lead-leg landing should be in the "hips tall" position and well under the center of mass.
7. Landing is approximately 1 metre past the hurdle.