

Simplified Coaching in the High Hurdles

Foundations

- Defining the Problem
- Many Variables
- Few Constants
- Cause and Effect Coaching
- Shortening the List of Coaching Tasks

Fundamentals of Hurdling

- Driving Out
- Takeoff Location
 - Boys – 7' from the hurdle
 - Girls - 6'6" from the hurdle
 - Resultant Errors

Fundamentals of Hurdling

- Takeoff
 - Location of the Takeoff Foot
 - Displacement
 - Displacement's Relationship to the Takeoff Location

Takeoff



Hurdler Grounds the Takeoff Foot Under the Hips

Displacement



**Hips Must Displace Beyond the Takeoff Foot
Before Hurdler Leaves the Ground**

Continued Displacement



Displacement of Hips Sets Up Trail Leg Action

Fundamentals of Hurdling

- Pelvic Posture
 - Neutral Pelvic Alignment
 - Bending and Pelvic Unbalance
 - Keeping the Hips Elevated

Fundamentals of Hurdling

- The Lead Leg
 - Sequential Extension
 - Common Errors
 - Ignoring the Lead leg

Lead Leg



Knee Still Flexed as Hip is Maximally Extended

Lead Leg



Knee Does Not Extend Completely

Lead Leg



Displacement of the Hips Initiates Lead Leg
Displacement of Hips Must Precede Extension of the Knee

Fundamentals of Hurdling

- The Trail Leg
 - Relationship to Displacement
 - Elastic Responses in the Hip Flexors
 - Fueling the Trail Leg
 - Ignoring the Trail Leg Mechanics

Trail Leg



Displacement of Hips Sets Up Trail Leg Action

Trail Leg



Stretch Reflex in Hip Flexors Due to Displacement Initiates Trail Leg Action

Fundamentals of Hurdling

- Arm Actions
 - Balance and Countering
 - Symptomatic
 - Pelvic Alignment
 - Wild Arms
 - Ignoring the Arms

The Resultant Coaching List

- Posture
- Displacement
- Takeoff Location

Hurdle Cues and Coaching Practices

- “Feel Your Trail Leg Behind You”
- “Stay Up As You Hurdle”
- Understanding Stride Length/Frequency Relationships
- Using the Trail Leg to Determine Takeoff Location

Split – Delaying the Trail Leg



**Big Split Delays Trail Leg, is Displacement Dependent
Presence of Delay Indicates Proper Takeoff Location**

The System

- The Approach to the First Hurdle
 - Coaching Position – Beside
 - Naked Approaches
 - 4+4
 - Using Stride Frequency/Length Relationships
 - Adjustments

The System

- Running and Evaluating the Hurdles
 - Coaching Position –From Behind
 - Clear #1
 - Add Hurdles Progressively

The System

- Evaluations
 - Posture
 - Takeoff Location

The System

- Evaluating Posture
 - The Beltline
 - Common Problems
- Evaluating Takeoff Location
 - Lead-Trail Leg Time Differential
 - Quick and Late Trail Leg

Other Issues and Problems in Hurdle Coaching

- Hitting Hurdles
 - Stability Reflexes
 - Postural Faults
 - Shin Angles
- Bailing Out
 - Too Far
 - Solutions
- Discounting the Hurdles
- Minimizing Drills

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