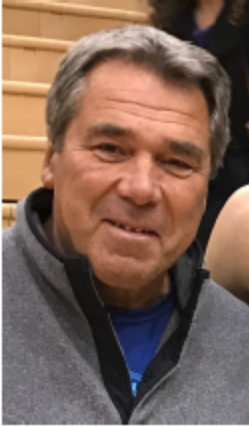


DEVELOPING THE HIGH SCHOOL HURDLER

BOB BRANDT

PRESENTER



Bob Brandt

Bishop Neumann High Hurdle Coach, Retired

Topic: Session 1 Developing the High School Hurdler
Session 2 Building Consistency in your Hurdle Program

Bob has worked with young hurdlers from the Age-Group Jr.. Olympic athlete through State Champions at the High School level. His basic level approach has kindled the young athlete's desire to "stay with it" and continue to learn the techniques of successful hurdling for girls and boys. Bob has coached various sports including Football, Basketball, Track, and Cross Country. Most of his career was at Bishop Neumann High School. He coached hurdles until he retired 2 years ago. Bishop Neumann has become synonymous with hurdling over the years. They have had at least one hurdler place at the State Track Meet for 19 consecutive years from 1999-2017. During that time, they have produced 15 State Champions (5 All-Class State Champions), 13 State Runner-ups and have won a total of 64 State Medals in the hurdle events. In addition, many other hurdlers not qualifying for State have improved their times and continued to enjoy the 'Hurdle Family'.

EVERYDAY DRILLS



Neumann Hurdle Tradition - 20 Consecutive Years of State Medalists

	Event	BOYS	Place	Time		Event	GIRLS	Place	Time
1999	110 Highs	Matt Dailey	1st	14.87		100 Highs	Erin Dailey	6th	16.23
	300 Int.	Matt Dailey	3rd	39.63					
2000	110 Highs	Matt Dailey	2nd	14.64					
2001	300 Int.	Clinton Whitely	5th	40.94					
2002						100 Highs	Krissy Turman	4th	15.69
						100 Highs	Erin Dailey	5th	15.92
						300 Lows	Erin Dailey	5th	47.12
						300 Lows	Krissy Turman	6th	47.90
2003	110 Highs	Aaron Brandt	5th	15.28		100 Highs	Bridget Meduna	1st	15.66
	300 Int.	Aaron Brandt	5th	40.63					
2004	110 Highs	Aaron Brandt	2nd	14.46		100 Highs	Bridget Meduna	4th	15.38
	300 Int.	Aaron Brandt	2nd	38.81		300 Lows	Bridget Meduna	5th	46.67
2005	110 Highs	Aaron Brandt	2nd	14.44		100 Lows	Bridget Meduna	2nd	15.01
	300 Int.	Aaron Brandt	2nd	38.58		300 Lows	Bridget Meduna	2nd	47.01
2006	110 Highs	Aaron Brandt	1st*#	14.26					
	110 Highs	Adam Dailey	5th	15.33					
	300 Int.	Aaron Brandt	1st*#	37.29					
	300 Int.	Adam Dailey	3rd	39.08					
2007	110 Highs	Adam Dailey	1st	14.65		100 Highs	Lizzy Mach	4th	15.78
	300 Int.	Adam Dailey	1st*	38.17		300 Lows	McKenzie Fujan	1st	46.14
						300 Lows	Holly Fujan	7th	48.51
2008						100 Highs	Lizzy Mach	1st	15.38
						100 Highs	McKenzie Fujan	3rd	15.52
						300 Lows	McKenzie Fujan	1st	46.17
						300 Lows	Holly Fujan	5th	47.87
2009						100 Highs	McKenzie Fujan	3rd	15.35
						300 Lows	McKenzie Fujan	1st	45.52
2010	110 Highs	Doug Bohaty	3rd	15.41		100 Highs	McKenzie Fujan	2nd	15.26
						100 Highs	Melanie Blum	5th	15.94
						300 Lows	McKenzie Fujan	1st	45.87
2011	110 Highs	Doug Bohaty	2nd	15.11		100 Highs	Melanie Blum	3rd	15.62
2012						100 Highs	Melanie Blum	6th	15.88
						300 Lows	Lauren Vasa	5th	46.57
2013	110 Highs	Austin Woita	5th	15.72		100 Highs	Morgan Vasa	6th	15.77
2014	110 Highs	Jordan Fujan	5th	15.18		100 Highs	Morgan Vasa	3rd	15.10
	110 Highs	Austin Woita	6th	15.50		300 Lows	Morgan Vasa	2nd	45.39
	300 Int.	Jordan Fujan	7th	41.44					
2015	110 Highs	Jordan Fujan	4th	15.06		100 Highs	Morgan Vasas	1st*	14.94
	110 Highs	Noah Vedral	6th	15.58		300 Lows	Morgan Vasas	2nd	44.44
	300 Int.	Jordan Fujan	1st	39.44		300 Lows	Hannah Allfree	8th	49.18
	300 Int.	Noah Vedral	3rd	40.03					
2016	110 Highs	Jordan Fujan	1st	14.75					
	110 Highs	Noah Vedral	2nd	14.96					
	300 Int.	Noah Vedral	1st*	38.72					
	300 Int.	Jordan Fujan	4th	39.69					
2017	110 Highs	Noah Vedral	5th	15.1		300 Lows	Molly Vasa	4th	47.4
	300 Int.	Noah Vedral	2nd	39.5					
2018	300 Int.	Taylen Pospisil	7th	41.47		300 Lows	Molly Vasa	5th	47.40
	300 Int.	David Lily	8th	42.27					

* Denotes All-Class Gold Medal

Denotes Class B State & State Meet Record Aaron Brandt 110 Highs 14.02 (Prelims) 2006

Denotes Class B & All-Class State & State Meet Record Aaron Brandt 300 Int. 37.29 2006

Since 1999: 15 Champions, 5 All-Class Champions, 13 Runners-up & 67 total Hurdle medals

KEY COMPONENTS – 110/100 HIGHS

- **Rhythm**
 - **Speed over Hurdle**
 - **Speed between Hurdles**
 - **Landing position**
-

EVERYDAY DRILLS

- **Wall Drill**
 - **Trail leg Circles**
 - **Leg Swings**
 - **Walkovers**
 - **Under/Over**
 - **Scissors**
 - **Hurdle Warm-ups**
 - **5-step, 3-step, 1-step**
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SPEED OVER HURDLE

- **Attack**
 - **Eye next hurdle**
 - **Body control**
 - **Alignment**
 - **Trail leg (Mouse trap)**
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SPEED BETWEEN HURDLES

- **Ladder drills**
 - **Bungee Rope**
 - **Sprint without Hurdles**
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LANDING POSITION



LANDING POSITION

- **Point of Contact**

SAMPLE WORKOUT



SAMPLE WORKOUT @ TRACK (MID-WEEK)

- **Start to 1st 5**
 - **Start to 1st 4, skip 5, over 6 and 7, skip 8, over 9 and 10 (8 Hurdles)**
 - **Start to 1st 3**
 - **Start to 1st 3, skip 4, over 5 and 6 skip 7, over 8 and 9 (7 Hurdles)**
 - **Start to 1st 5**
 - **Start to 1st 3 x 3-4**
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KEY COMPONENTS - 300 HURDLER

- Drills
 - Speed & Steps to 1st hurdle
 - Steps between hurdles
 - Conditioning
 - 1st 4 hurdles transition to last 4
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EVERYDAY HURDLE DRILLS

- Wall Drill
 - Trail Leg Circles
 - Leg Swings
 - Walkovers
 - Under/Over
 - Scissors/Can Cans
 - Step overs
 - Hurdle Warm-ups
 - 5-Step, 3-Step, 1-Step
-

SPEED/STEPS TO 1ST HURDLE

- **Consistency**
 - **Repetition**
 - **21-24 steps**
 - **Wind Conditions**
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STEPS BETWEEN HURDLES

- 13-17 steps
- Rhythm

CONDITIONING

- 400 meter workout: “repeat 400s” or “5-4-3” (500, 400, 300, 500, 400, 300)
- Circuit Drill (coach’s favorite; athlete’s most difficult)

Highs

- Start w/ full flight (10) Walk curve
- Start to 7 skip 8 over 9 Walk curve
- Start to 6, skip 7 over 8 Walk curve
- Start to 4, skip 5 over 6 Walk curve
- Start to 2, skip 3 over 4 Walk curve

300s

- Start to 4
- Start to 3
- Start to 2
- Start to 2
- Start to 300, no hurdles
@ 300 IM time + 3 secs

MENTAL GAME

- Leadership qualities
 - Opportunities to lead
 - Listen to them (no whining)
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QUESTIONS
