

Simplified Coaching in the High Hurdles

Fundamentals of Hurdling

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

Foundations

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

Takeoff



Fundamentals of Hurdling

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

Displacement



Continued Displacement



Displacement of Hips Sets Up Trail Leg Action

Lead Leg



Knee Still Flexed as Hip is Maximally Extended

Fundamentals of Hurdling

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

Lead Leg



Knee Does Not Extend Completely

Fundamentals of Hurdling

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

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

Fundamentals of Hurdling

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

Trail Leg



The Resultant Coaching List

- Posture
- Displacement
- Takeoff Location

Trail Leg



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

- Evaluations
 - Posture
 - 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

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

The System

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

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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