



Hurdling Basics 100H/110H

Presented by Brett Shields

Brett's Background

- 5x PA HS State Champion
- PA High School Hall of Fame
- HS Indoor National Runner-Up
- University of Pittsburgh
 - All Big East/IC4A
 - - NCAA National Qualifier
- US National Qualifier
- Olympic Festival Team (East)
- 20+ Years Coaching T & F
- FLHS Hurdle State Championships - 9
- FLHS LJ/TJ State Championships – 2
- FLHS State Runner-Ups/Medalists
- The First Academy HS
- Lake Nona HS
- Co-Founder Future Stars A.C.
- Co-Founder NOVA A.C.

Topics

- What Makes a Good Hurdler? How to Determine?
- Importance of Flexibility
- How Important Is Speed?
- Hurdling Frequency
- The Start (Line to Hurdle 1); Middle; Finish
- Establishing Lead Leg and Trail Leg
- Basic Drills
- Q&A

What Makes A Good Hurdler?

- Size (Short or Tall)
- Coordination
- Flexibility
- Endurance
- Speed (Fast or Avg.)

Flexibility & Speed

- How Important is Flexibility
 - Hands to the ground
 - Head to the knee
- Optimum speed for a hurdler
 - 100H (<13.3)
 - 110H (<11.7)

Hurdling Frequency

- Days Per Week
 - Early Season – 3 days
 - Mid Season – 2 to 3 days
 - Late Season – 2 days
- Reps/Sets
 - Wall Drills – 3 x 10
 - Lead Leg – 3 x 6-10
 - Trail Leg – 3 x 6-10
 - Middle – 3x 6-10

Start – Middle - Finish

- Start line to hurdle 1
 - How many steps (7 or 8)?
- Middle of the race
 - Maintain form and Rythm
- Finish
 - Sprint to the line

Note: This is a 3 step race!

Establish Lead/Trail Leg

- Does it really matter?
- Which leg does an athlete jump off of?
- Push Test
- Run and Jump

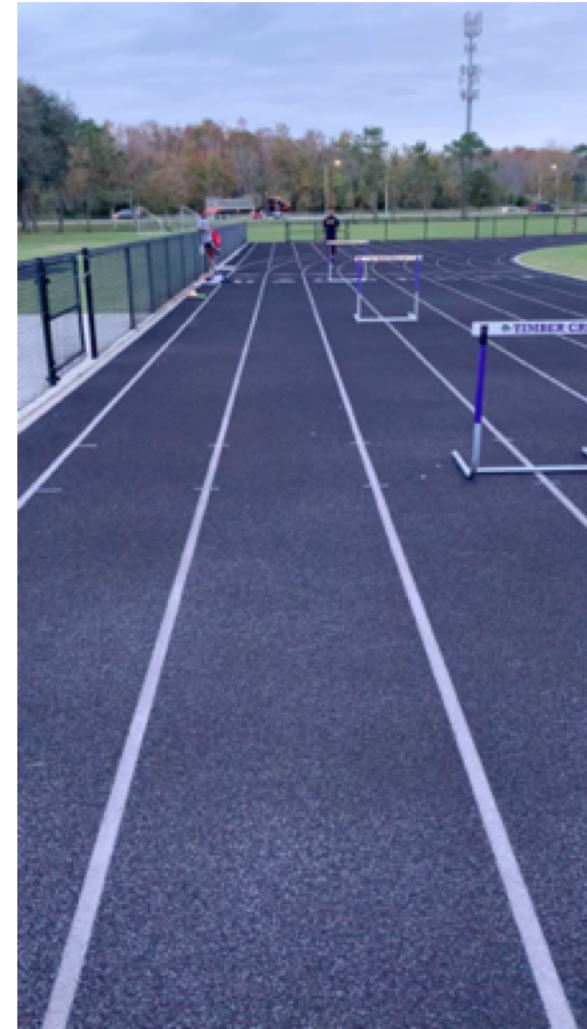
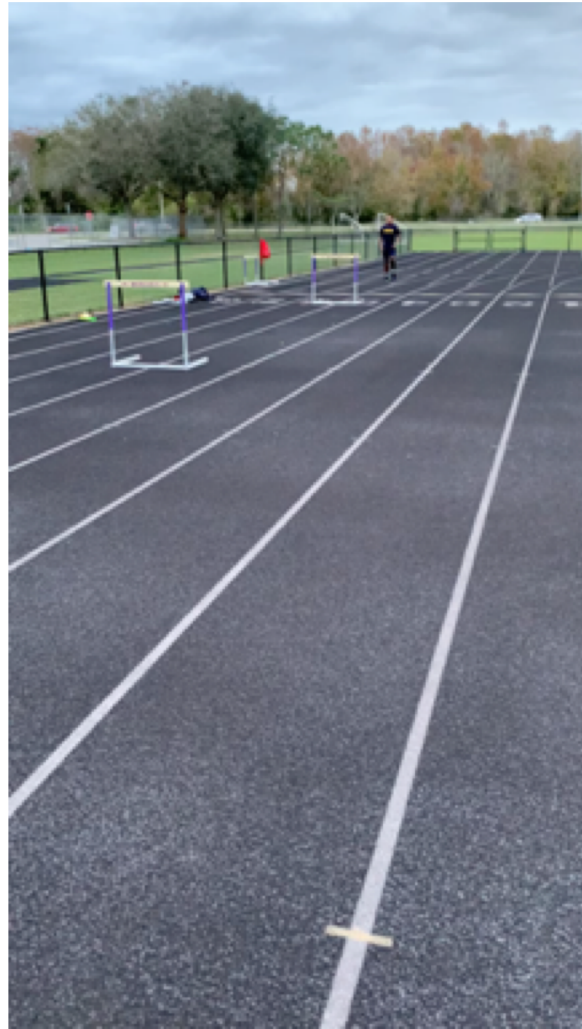
Basic Drills



Basic Drills



Basic Drills



Q & A