

# Coaching The 100/110 Hurdles

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# What You Look For In Recruiting Hurdlers

1. Speed, Speed, Speed!!!
2. Flexibility
3. Fearless Kids
4. Rhythm
5. Coachable Kids

# Your Role As A Hurdle Coach

1. Know Your Event- Go to clinics, talk to other hurdle coaches, watch video, etc.
2. Drills- Don't do drills just to do drills. Have a few lead leg, trail leg drills, etc that you do.
3. Build Confidence
4. Video drills and races
5. Find areas to improve for each athlete and focus on ONE at a time

# Best Dynamics For Hurdlers

## 1. HIP FLEXIBILITY

Hydrants- Open hip up- make sure knee is up like trail and pull back down.

Hydrants with Rip- Same as above only rip through driving knee to armpit.

Hurdle Walkovers- Hurdles same height 1 foot in each opening and 2

Over/Under- Hurdles at alternating height forward, backward, sideways

Leg Swings

Scissors- scissor hurdles from outside facing hurdles, develop rhythm

# Dynamics Continued

1. “A” Position March- Most important thing for a runner is teaching “A” position  
Knee Up, Toe Up, Heel Up **DORSIFLEX**
1. “A” Skip- After March, have them “A” Skip working on rhythm and “A” position
2. “B” Skip- Work on rhythm while driving knee up and then foot out
3. Walking Lead- work on 3 step rhythm while focusing on lead leg form, usually 15-20 meters 2-4 times
4. Walking Trail- work on 3 step rhythm while focusing on trail leg form, usually 15-20 meters w-4 times
5. High Knees

# Block Start

1. Start with Front of Block 1 foot from start line
2. Front pedal should be 2 feet from start line
3. Back pedal should be 3 feet from start line
4. Trail leg will go in the front and lead leg in the back

# Block Start Continued

1. **“On your marks”**- Take a few jumps to get loose and back up in the blocks (TAKE YOUR TIME) Hands shoulder width apart  
Make a bridge with your fingers (Finger pads on the track) Shoulders right on top of hands, don't lean out past hands. Eyes look to ground back to blocks (tuck your chin)
2. **“Set”**- Raise your hips slightly above your shoulders and remain still, minimize your movement. Middle part of foot firm against both pedals.
3. **“Gun”**- Explode out using big arms “Say What, Get Off”. Push as long as possible off front pedal. Chest needs to come up. Staying low is not a good cue, this will inhibit stride length and knee lift.

# Start of Race

1. There should be 8 steps to the first hurdle stepping with the back pedal foot first. (Some do 7) if it can be done correctly.
2. Have to be explosive as speed to 1st hurdle is big for the rest of the race.
3. First 4 steps should still be the drive phase.
4. Next 4 steps you are getting your eyes on the first hurdle.
5. Have to attack the first hurdle with your lead leg. No stuttering
6. Have to push off with your trail leg on the 8th step



# Race Tips Throughout the race

1. Attack each hurdle
2. Run on your toes
3. Use big arms (It is a sprint), don't cross your body
4. Run away from each hurdle
5. Have a quick 3 step rhythm
6. Lead with your lead leg knee when attacking each hurdle
7. Rip your trail leg through to the arm pit
8. Get your lead and trail leg down to the track
9. Finish the Race - lean with torso the last 2 steps

# Lead Leg Tips

1. Dorsiflexion- Toe Up, Knee Up, Heel Up
2. Lead with your knee, NOT YOUR FOOT
3. Lead leg shouldn't be completely straight, hips will go back if instead of forward if you lead with a straight leg
4. As soon as it clears the hurdle it should be ripped down
5. Landing should be on the balls of your feet, NOT YOUR HEEL
6. The lead foot should land approximately 3.28 feet on the other side of the hurdle
7. Should always be the same leg in the 100/110's if 3 stepping

# Trail Leg Tips

1. Trail leg moves as soon as the hurdler leaves the ground
2. Knee should drive to the arm pit to shorten the lever
3. Drive your heel to your butt forming a short lever
4. Knee should always stay above your foot, knee pointed up not down
5. Keep your foot turned out so it doesn't hit the hurdle on clearance
6. After clearance, get back to "A" position so you can get your foot down and sprint off the hurdle
7. Landing should be right under your center of mass so it projects you forward

# Arms

## **Trail Leg Side Arm Tips-**

Arm comes up when lead leg comes up

Palm facing out forehead high- Look at your watch- Don't cross your body or turn your shoulders

Pull back the arm as the lead leg is ripping down

## **Lead Leg Side Arm Tips-**

When your trail leg side arm is coming forward, your lead leg side is going back

Keep your elbow in and thumb up

Put your hand "in your pocket" near your hip

When trail leg arm is pulling back, your lead leg side is coming forward

# Drill Tips

1. Discount Hurdle Height- Don't have them do drills at race height often, especially early. We want them to ATTACK the hurdles and be confident.
1. Discount Hurdle Distance- Keep the first hurdle the same. After that move in the second hurdle 1' and the third hurdle 2'. This is especially important when learning to 3 step. Adrenaline will make up for this in the race.

# Lead Leg Drills

1. Skipping Lead Leg-Hurdles placed about 1' apart. This is done on the side of the hurdle. Lead with the knee!
2. 1 Step Drill-Hurdles placed about 10-12' apart
3. 3 Step Isolated Lead Leg-Hurdles placed about 10-12' apart.
4. Lead Leg Fence Drill- Hurdle placed against the fence.

# Trial Leg Drills

1. Skipping Trail Leg-Hurdles placed 1' apart. This is done on the side of the hurdle. Knee to armpit.
2. Trail Leg Fence Drill-Hurdle placed about 3' from the fence
3. Trail Leg Angled Hurdle Fence Drill-Hurdle placed sideways. One end at 30" (lowest height) and the other end at 33" or 36"

# Other Great Hurdle Drills

1. 3 Step Jammed Hurdles Drill-place hurdles 12'-15' apart.
2. Hurdle Hops-Hurdle placed on lowest height.
3. Finish Line Pic-Place the hurdle at the last mark in the race
4. Finish Line Drill Video-You can do with a hurdle or without



# The Race

[100 Meter Race Video](#)