

Coaching The 300 Hurdles

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What You Look For In Recruiting 300M Hurdlers

1. Good 400M Runners (In the low 50's for boys and low 60's for girls)
2. Hurdlers That Can Use Both Legs. Train both legs.
3. Fearless Hurdlers
4. Flexibility
5. Rhythm
6. GUTS!!! 300 Hurdles Are One Of The Hardest Races In Track

Your Role As A Hurdle Coach in the 300's

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. Count their steps.
5. Find areas to improve for each athlete and focus on ONE at a time

300M Hurdle Stride Pattern

1. Try to take an even number of steps to the first hurdle.
This will allow the hurdler to keep their blocks the same as they do in the 100/110 hurdles if they do both events.
2. Try to do an odd number of steps between hurdles.
This will allow you to use your natural lead leg at every hurdle.
3. The ideal stride pattern is 22 steps to the first hurdle and 15-17 between. Some will need more or less.

300M Tips

1. Fast, but SMOOTH!
2. Try to come up to the hurdles with your lead leg.
3. Don't stutter.
4. Use your arms.
5. Plan for the race- factor in weather (rain, wind, etc.), competition, track, etc.

300 Race Breakdown Coach Germain Kalamazoo Michigan

The Start-Through The First Hurdle

The Backstretch-From The First Hurdle Through The
Second Hurdle

The Curve-Hurdles 3-5 (150 mark is the 4th Hurdle)

The Homestretch-Hurdles 6-8

The Finish-Between The Final Hurdle And The Finish Line

The Start- Through the First Hurdle

1. Get out Fast!
2. Try to be the first to the first hurdle.
3. With 45m to work with there is room for full acceleration.
4. Use your explosive energy system early while you can or you will lose it.

The Backstretch-First Through The Second Hurdle

1. Athlete has built up speed to first hurdle, still a priority, but much looser similar to the backstretch of the 400 race.
2. Don't tell them to slow down in this phase, tell them to run tall and maintain.
3. Telling them to run tall reminds them to run in an upright sprinting posture between the hurdles. Maintain is another good term to use to remind them they need to continue to run fast.

The Curve-Hurdles 3-5

1. This is where form sometimes starts to fall apart if they don't focus on it. Remind athletes to have their forward lean over the hurdle so they don't float.
2. Hurdle "downhill" reminding them not to elevate too much over the hurdle.
3. Press to the inside of the curve with a slight inward lean.
4. At the final hurdle of the curve, hurdles are nearly even with one another. Use the term "slingshot" to remind them to reaccelerate resuming the upright position. We want them thinking fast instead of starting to fall apart and slow down.

The Homestretch-Hurdles 6-8

1. Focus on coordination as form might be falling apart.
2. Remain in good tall sprinting position.
3. Fast hands and BIG arms.
4. Attack the hurdles. As the athlete fights through the last part of the race, they must attack.
5. Work on driving the lead knee up and ripping the trail through.

The Finish-From the Final Hurdle to the Finish Line

1. There are still 10 meters after the last hurdle before the finish line.
2. Hurdler should be thinking “catch one” if they aren’t in first or FINISH if they are in first.
3. They must run through the finish line. We do a drill where they work on finishing through a cone 5 meters past the finish line. They also work on the lean with the torso across the line.

300M Hurdle Drills

1. Starts over 1 Hurdle-This allows the athlete to work on getting out and attacking the first hurdle.
2. 150M Repeats with Hurdles- I usually have them do 3-5 with 8-10 minutes rest between. I want them to be sprinting each one. I will give them a time I want them to reach based on their 300 time and their 300 goal time.
3. 200M Repeats with Hurdles- Same idea as the 150's. This is done if they are having a hard time finishing through the curve and losing form or not conditioned for it.
4. First 200 w/ Hurdles and last 100 without- This works on the conditioning and allowing the athlete to sprint the last 100 focusing on good sprinting form.

Lead Leg Drills-Make Sure You Train Both Legs

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. Lead Leg Fence Drill- Hurdle placed against the fence

Trail Leg Drills-Make Sure You Train Both Legs

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. [Hurdle Hops-Hurdle placed on lowest height.](#)
2. [Finish Line Pic-Place the hurdle at the last mark in the race](#)
3. [Finish Line Drill Video-You can do with a hurdle or without](#)