

# High Hurdles

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**Wheaton North**  
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**Wheaton, Illinois**





# In this session We Will Examine:

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- Characteristics of a High Hurdler
- All Phases of the Hurdle technique
- 4 Year development of the Hurdler
- Drills for the High Hurdles
- How to analyze your hurdler
- Corrections of common faults



Goal of this Talk...take an average kid and get them to score some points for you in an invite.

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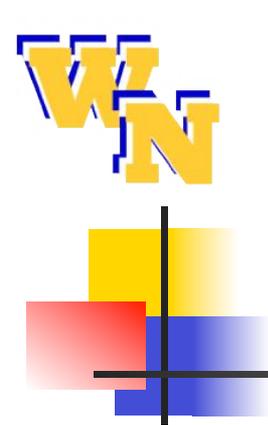
Frosh Year

19.45

Senior Year

14.97

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# Desired Characteristics

- Strong
- Aggressive
- Confident
- Flexible
- High Inseam
- Mentally Tough
- Good 100m runner



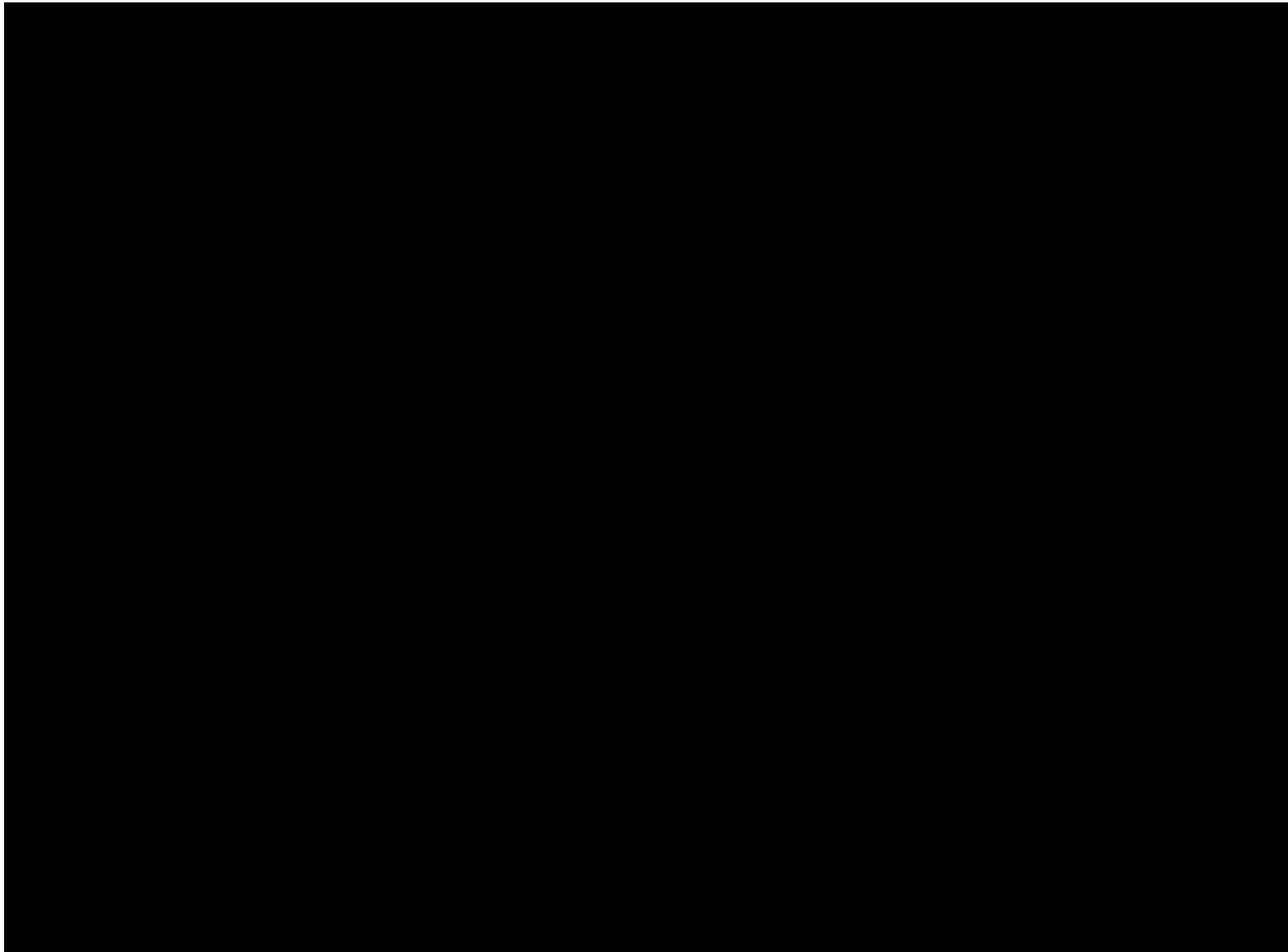
**ADAM HARRIS**

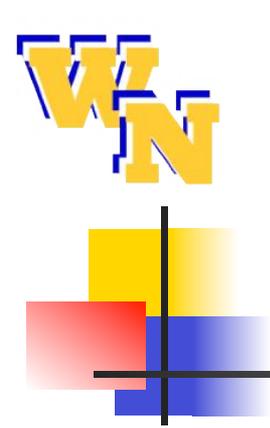
- 2x State Champ: 110HH, 100m, 200m, & 4 x 200
- U of Michigan 3 time All-American
- Ran in Beijing Olympics 200 m



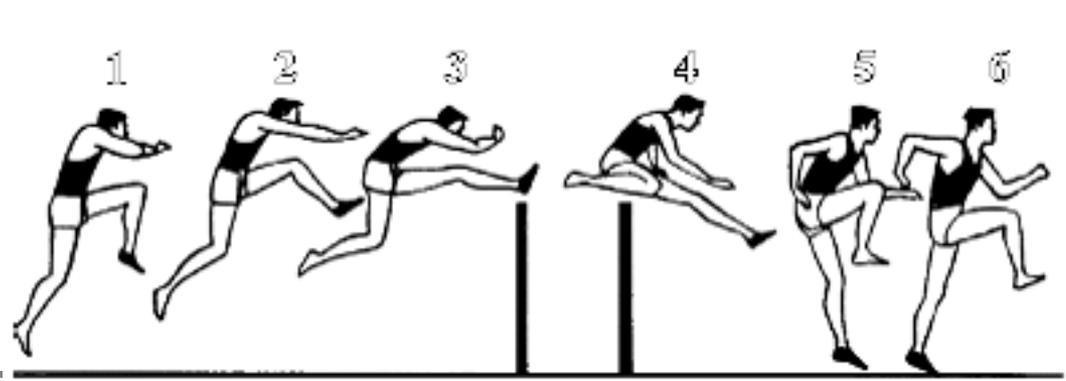
**A.J. Harris:** 2x State Champ 110 HH & 200m  
13.44 (Sectional Meet)

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# Phases



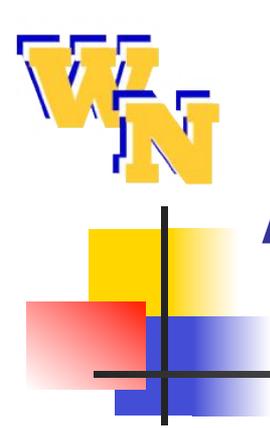
There are 6 Phases of Hurdling

- **Start**
- **Approach**
- **Take Off**
- **Clearance**
- **Landing**
- **Stepping out to next hurdle  
(get away step)**

# WIN Start



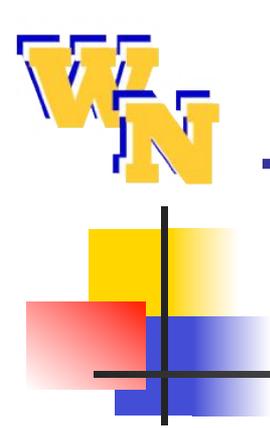
- Lead Leg is Back in the blocks
- Take 8 steps to the first hurdle
- They should come out like a 100m dash but should lift their eyes at about step 5.



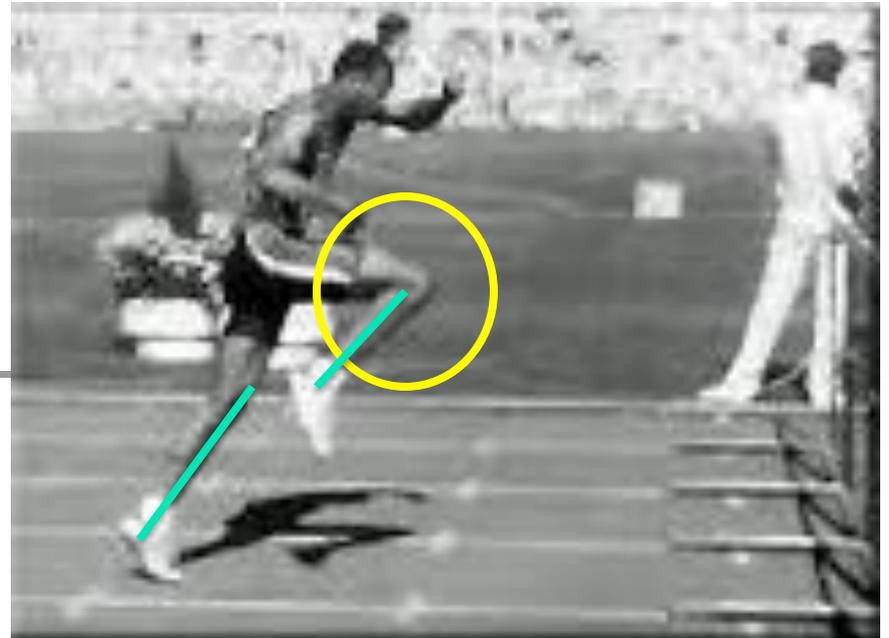
# Approach



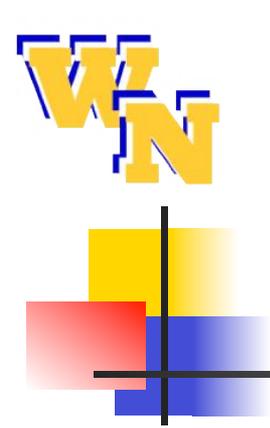
- Gain a “tall” position where their hips are tall.
- This allows for a faster turnover and achieving maximum speed to the hurdle



# Take-Off



- **ATTACK** the hurdle while keeping hips tall
- The last step should be a little shorter and quicker (cut step)
- Drive into the hurdle with the **knee** and not the foot!
- Leading with the foot will cause 'floating'
- Arms should never cross the mid section.



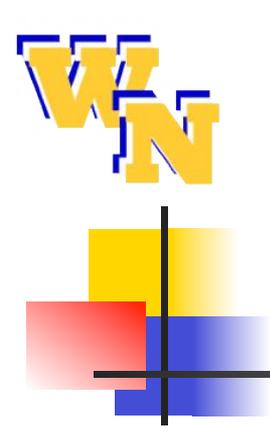
# Hurdles



## Take Off/Landing Distances

Boys			Girls		
<u>Ht.</u>	<u>T-O</u>	<u>Landing</u>	<u>Ht</u>	<u>T-O</u>	<u>Landing</u>
5'5"	7'6"	3'2"	5'3"	6'7"	3'1"
5'7"	7'5"	3'5"	5'5"	6'6"	3'3"
5'9"	7'4"	4'0"	5'7"	6'5"	4'0"
5'11"	7'3"	4'0"	5'9"	6'4"	4'2"
6'1"	7'2"	4'0"	5'11"	6'3"	4'3"
6'3"	7'1"	4'0"	6'0"	6'2"	4'3"

- Distances are measured from the cross-bar
- Taken from Techniques magazine (Vol 7, #2, Nov 2013)



# High Hurdles





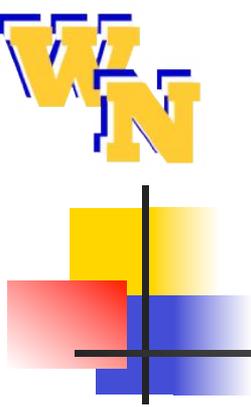
# Clearance



- Head should stay level with their normal running
- Bend at the hips to keep the forward momentum
- Arms should have specific placements which will allow for balance and maximum power off the hurdle.



# High Hurdles



# WIN Landing



- Land on their toes with the foot below their center of gravity
- If the foot is in front of the center of gravity, it will act as a braking mechanism and the hurdler will lose their forward momentum.



# High Hurdles





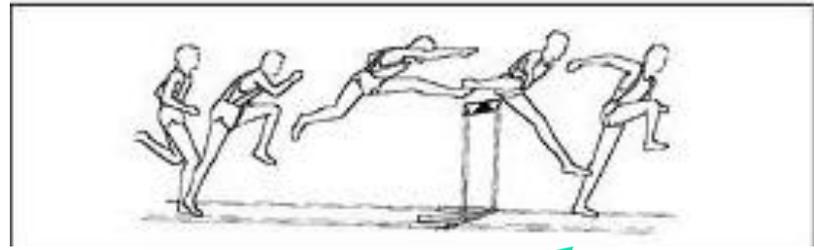
# Stepping Out to the Next Hurdle



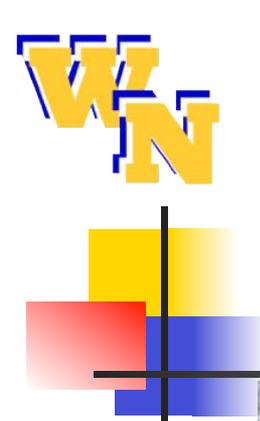
- Keep the trail leg knee high as they come off the hurdle so they can have a fluid step off the hurdle
- The shoulders should be slightly forward with hips tall. If they squat (sit) over the hurdle, then it will cause them to decelerate off the hurdle
- Arms need to be under control and resume the normal sprinting positions.



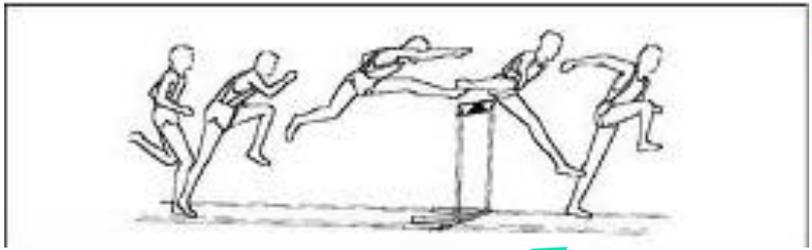
# Stepping Out to the Next Hurdle

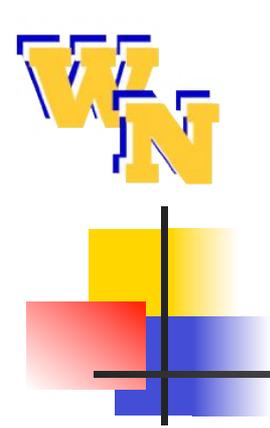


- Keep Knee **High**
- **PUSH** forward with landing foot!



# High Hurdles

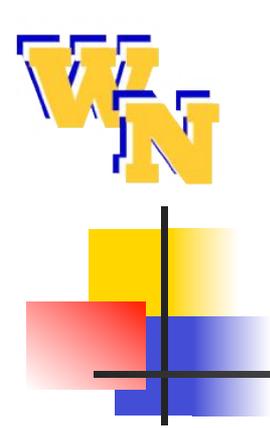




# Development of the Hurdler

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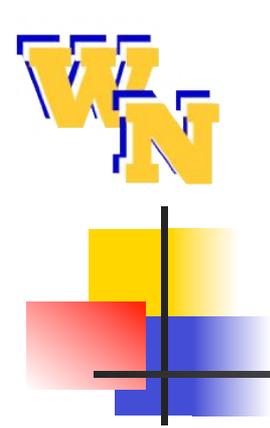
Freshmen year goals



# Freshmen Year Goals



- Good trail leg action
- 8 steps to first hurdle
- 3 step the whole race
- Aggressiveness towards the hurdle



# Development of the Hurdler

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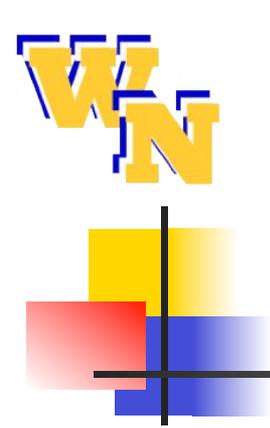
Sophomore year goals



# Sophomore Year Goals



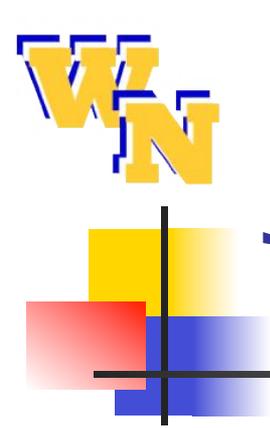
- Good arm actions
- Working more speed in between hurdles
- Working good lean over hurdles



# Development of the Hurdler

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## Junior/Senior Year Goals



# Junior/Senior Year Goals



- Start to first hurdle with maximum speed
- Fluidity coming off the hurdle
- Good speed into/off hurdle



# Hurdle Drills

- Hip Circles
- Lead Leg Walls
- Walking Hurdles (both legs)
- Hurdle '5 step'
- Bust outs 1, 2, 3 hurdles
- Last 3 hurdles of the 300's slow-attack-slow



# Hurdle Drills

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- **Bust Outs**

- **This is a term I use when I want them to come out of the blocks over the 1<sup>st</sup> hurdle, first 2 hurdles, or first 3 hurdles. I say 'Bust 1', 'Bust 2', or 'Bust 3'**

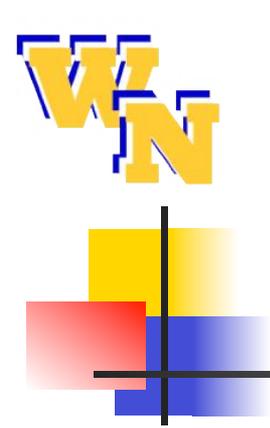


**WIN**

# Hurdle Drills

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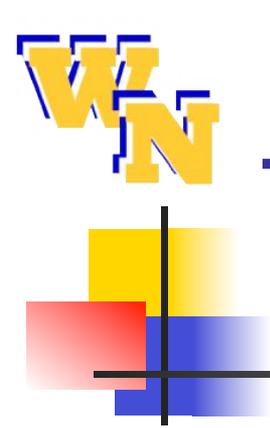
- **Bust Outs**
- **I keep the distance to #1 at the proper distance.**
- **I shorten the distance between each hurdle by 1,2, even 3 shoe lengths**



# Hurdle Drills

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- **Slow-Attack-Slow**
- **Set up hurdles 1, 3, and 5**
- **As they approach the hurdle, then they attack the hurdle, then ease off, then repeat**



# Training Hurdlers

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- **I have my 110 Hurdlers work out with my short sprinters**
- **They do NOT do specific hurdle workouts**
- **They do drills EVERYDAY**
  - **Walking Hurdles**
  - **Hip Circles**
  - **Lead Leg Walls**
- **Will go over hurdles on 'technique' days**



# How to Analyze your Hurdler

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- You should video tape as often as possible (practices and meets). You the coach should watch the tape first, then with the athlete(s).
- Write down points that you want to emphasize so that you don't forget them.



# How to Analyze your Hurdler

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- Stay positive in your critique of the athlete. You must instill confidence!
- Find something that they do correctly and zero in on that first.
- Then you can start to work on faults that they need to improve.



# How to Analyze your Hurdler

- Get feedback from the athlete on how they felt about the race.
- Look at the before mentioned points and see if they are following them.



# How to Analyze your Hurdler

- Watch to see if there is drastic deceleration in the approach or coming off the hurdle. See if they lose their momentum
- Are they ***efficient*** with their body movements? Are they balanced?



# How to Analyze your Hurdler

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- See if they are keeping their form throughout the race.
- This can be analyzed by touchdown times.



# Touchdown Times

Target time	H 1	H 2	H 3	H 4	H 5	H 6	H 7	H 8	H 9	H 10	Finish Time
13.6	2.5	3.6	4.6	5.6	6.6	7.7	8.8	9.9	11.0	12.2	13.6
14.0	2.5	3.6	4.6	5.7	6.8	7.9	9.0	10.1	11.2	12.4	14.0
14.4	2.6	3.6	4.7	5.8	6.9	8.1	9.3	10.5	11.7	12.9	14.4
14.6	2.6	3.7	4.7	5.8	7.0	8.2	9.4	10.6	11.8	13.0	14.6
15.0	2.6	3.7	4.9	6.0	7.2	8.3	9.5	10.7	12.0	13.2	15.0
15.5	2.7	3.8	5.0	6.2	7.4	8.6	9.8	11.0	12.3	13.6	15.5
16.0	2.8	3.9	5.1	6.4	7.6	8.8	10.1	11.3	12.6	14.0	16.0



# Correction of Common Faults

- Floating- Leading with foot rather than knee

**Wrong!**



**Right!**

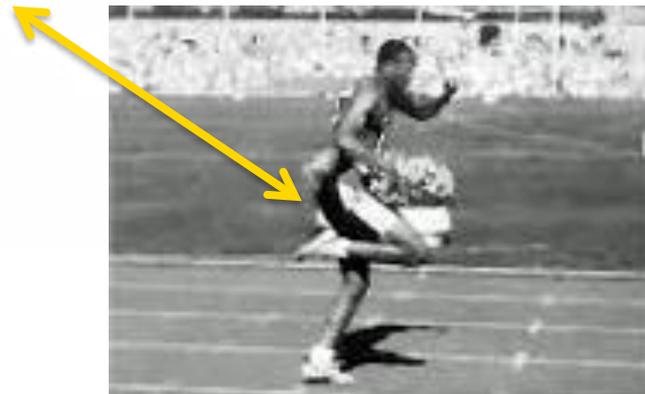




# Correction of Common Faults

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- Floating- Leading with foot rather than knee
- Work lead leg walls.
- Cue! 'heel on the butt'





# Correction of Common Faults

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- Chicken-Stepping to the Hurdle



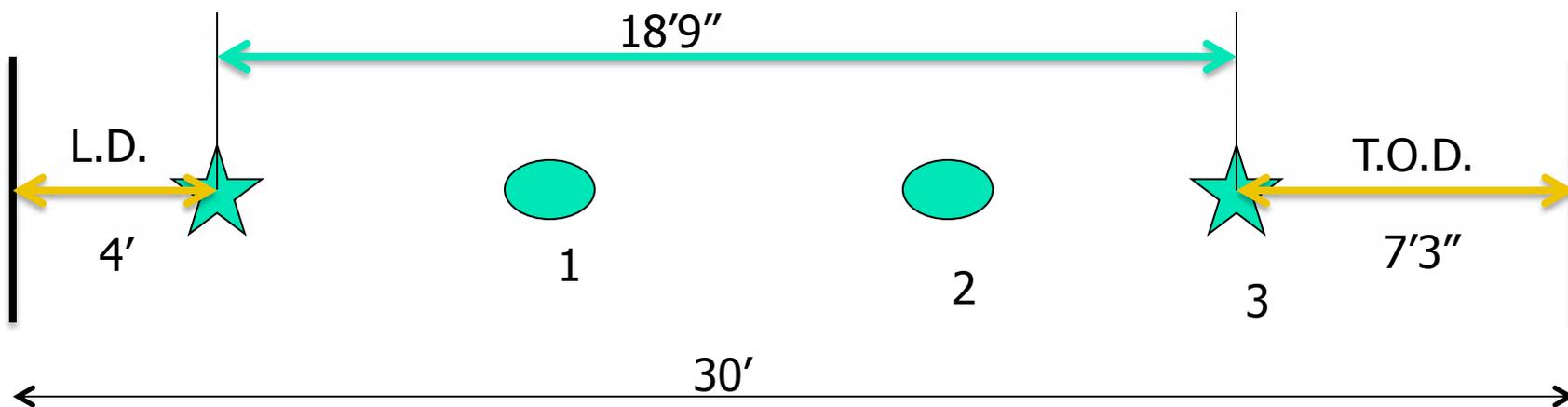
# Correction of Common Faults

- Chicken-Stepping to the Hurdle
- **Work on long strides to the first hurdle**
- **Work on long strides in between the hurdles**
- **Work on trail leg 'reaching out' to the next hurdle**
- **Move hurdles in closer to get the rhythm of 3 stepping**



# Correction of Common Faults

- Chicken-Stepping to the Hurdle
- Show landing and take off marks between hurdles





WIN

# Correction of Common Faults

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- Rocking Back off the Hurdle



# Correction of Common Faults

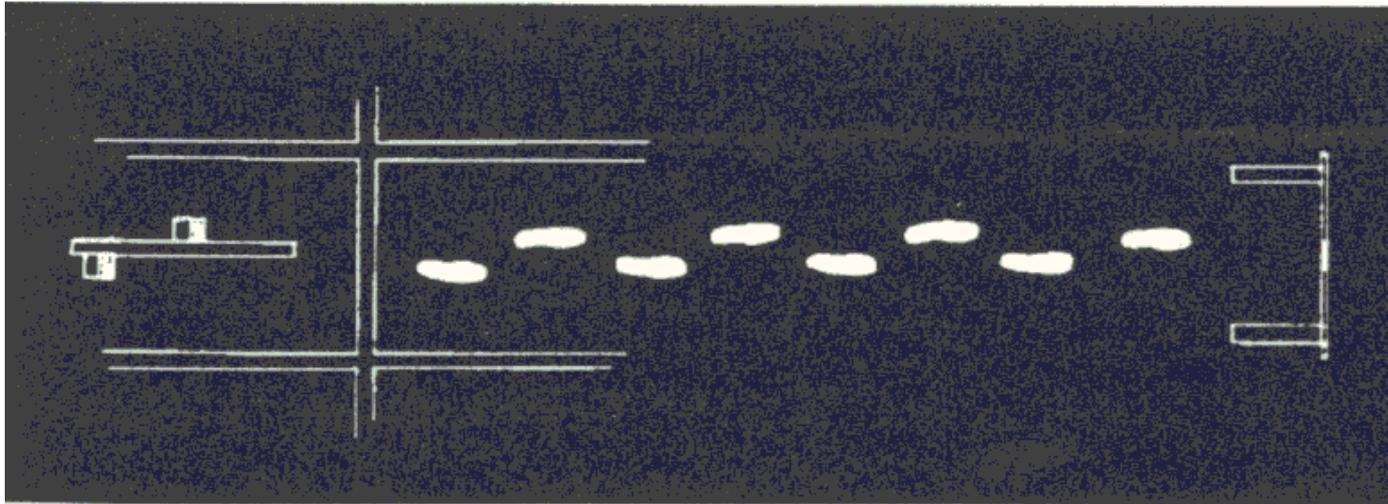
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- Rocking Back off the Hurdle
- Taking off too far away from the hurdle
- Landing with lead foot in front of center of gravity (or landing on heel)
- Not keeping shoulders forward (not pushing forward into the hurdle)
- Wild lead arm as it comes back



# Correction of Common Faults

- Not getting 8 steps to the first hurdle





# Correction of Common Faults

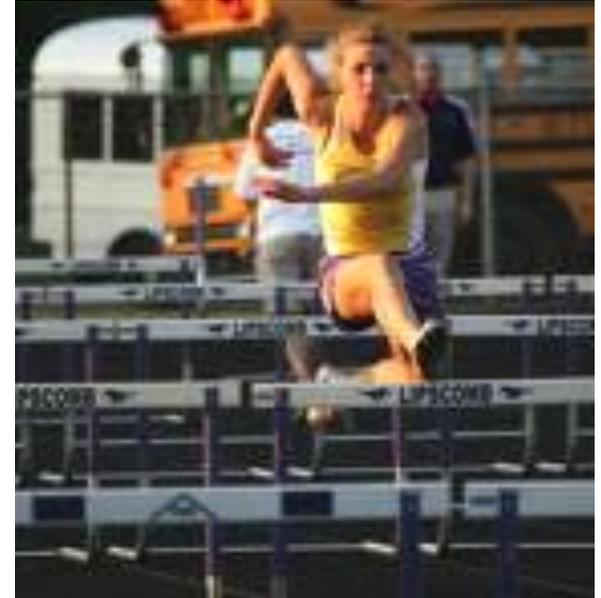
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- Not getting 8 steps to the first hurdle
- Adjust the amount of time they are in the 'drive' phase out of the blocks.
- Adjust the height of the butt on 'set'
- Just Bust 1 for this problem
- Work on long strides
- Mark Take Off Spot (like 3 step pattern)



# Correction of Common Faults

- Lead arm crossing over
- This will cause too much rotation as you come off the hurdle





# Correction of Common Faults

- Lead arm crossing over



- Work on leaning more and reaching out in front
- Cue! "Reach for the paint"



# Correction of Common Faults

- Lead foot landing over midpoint





# Correction of Common Faults

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- Lead foot landing over midpoint



- Work lead leg walls. Emphasize kicking lead leg straight up.
- Cue! “Kick to the Paint”



# General Comments

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- Each meet/practice there should be a goal or something specific to work on and for you to analyze.
- Don't worry about other aspects when you pin-point 1 item. Those other points will lack with the young hurdler.



WIN

# General Comments

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- If you've reached a point where you see no improvement for about 2-3 weeks, then pull them off for 1 week.
- Have them continue to do drills but don't run them in the race.



# General Comments

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- In practice, when their form breaks down or their speed drastically drops, then they are done for the day.
- No good will come from them not being at their best. I usually only go over 1-3 hurdles at a time.



WIN

# General Comments

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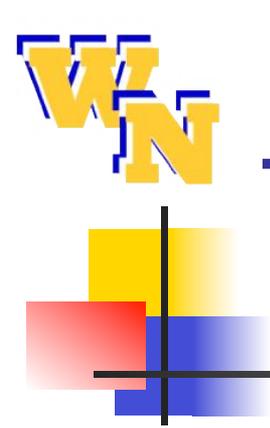
- They should train with your short sprinters.
- Outdoor, have them run a 4 x 100 before their race to get them opened up.



# General Comments

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- Where should you watch these athletes
- When they bust 1- Stand behind them in the blocks
- When they bust 2-3- Stand in front of them between hurdle #4 & #5 placement.



# Thank You for Attending

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- Please feel free to contact me at anytime with questions/comments.
- Good Luck with your season.
- Don Helberg (Wheaton North)
- [donald.helberg@cusd200.org](mailto:donald.helberg@cusd200.org)

