

Hurdles

Do everything the sprinters are doing and the following.

1 - Stretch. Hurdlers need to be especially flexible. Make sure you are.

Hurdler stretches on the floor and over a chair, butterfly's, toe touches are all good stretches. Make sure you are warmed up and then stretch everything out.

2 - Do the Ross, Karate Kid and High Knees drills for 30 seconds at a stretch each. Do them each several times.

Ross Drill (Knee Slap) - Athlete jogs, holding hands at hip height. Every 3 steps forcefully takeoff (get in the air) in a hurdling action (lead/trail). Both knees should hit the hands then drop back into a jog and repeat. Keys for the drill are to actively takeoff and land. The feet should be heard contacting the ground on landing in a 1,2 pattern.

Karate Kid - With arms held out to side at shoulder height, athlete bounces on lead leg with trail leg held in front of body bent at 90 degrees. Every 3rd bounce they actively takeoff by quickly dropping their trail leg then returning to the bouncing pattern on their lead leg and repeating.

High Knees - Athlete jogs, holding body erect. Every step the athlete brings their knees up to their waist. Knees should be HIGH. Keys for the drill are to maintain an erect back, stay on toes, keep arms moving and bent at 90 degrees. Do not 'sit in the bucket.'

High Jump

Do every thing the sprinter are doing and then do the following.

1 - Do the 3-Point line runs, Circle Runs with and without pops.

Run each of these at least a dozen times. Begin by jogging or skipping and then gradually increase speed.

3 point line runs- On a basketball court, run the three-point line. Emphasis is on pushing to the outside and single track (each foot hits the line) foot contacts. Options are to run the whole line or to take off (pop up) at the top (where foul shots are taken).

Circle runs or skips - These can be done anywhere and any diameter of circle. Try increasing speed on the approach. Emphasize pushing to the outside and single track running. Run or skip the circle 2-3 times in a row. They can be done with takeoffs (pop ups) as well.