

Skills, Drills, and Miscue Analysis

100/110 Meter Hurdles

Samantha Skretta
School District of Jefferson



You're coaching hurdlers... now what?

- Hurdler qualities
- Goal Setting
- Training
- Miscue Analysis

Qualities of a 100/110 Hurdler

- Flexibility
- Speed
- Strength

Goal Setting

- Group skill building
- Individual Goals
- Individualized skill building
- Coach & athlete monitored
- Miscue Analysis
- Skill building

100/110 Hurdler Training

- Speed workouts with sprinters
- Hurdle Technique Drills
- Weight Room
- Stretching/ Bands/ Rolling out

100/110 Speed Workouts

- Sprinting 100, 200, hills
- Acceleration runs 100, 200, hills
- Block starts and strong finishes
- Ladder Drills

Hurdle Technique Drills

- Stationary on side of hurdle: Lead and Trail
- Stationary over center of hurdle: Lead in front, snap trail through
- Side Steps: Lead and Trail Leg
- Centered Walk Overs
- Over Unders

100/110 Hurdle Technique Drills

- 3 Step Rhythm: hurdles 3 m apart, 3 step jog
- Hurdle Ladder: hurdles set by marks, do 1 hurdle... 1&2...1,2,&3 then all 3...1&2...1.
- High Knee Drive: 5 hurdles, 1 ft apart hurdler jogs through lead... down... step... hurdle... repeat

100/110 Hurdle Drill Techniques

- **Crowd hurdles**

Boys 5 at 8.5 meters/ Girls 5 at 8 meters

- **Lower height**

Boys at 36 in. / Girls at 30 in.

100/110 Hurdle Technique

Increase Attack Velocity

- Move starting lines back
Girls @ Boys start / Boys at 16.5m
- Remove Hurdles
First 5 hurdles by dashes remove #2

Strength Training (2-3x/wk)

Focus on Coordinated Movements
for explosive actions:

- Squats/ Dead Lifts
- Hang Clean/ Power Clean

Strength Training (2-3x/wk)

Focus on Auxiliary Lifts for targeted strength

- Upper body, Lower body, Core
- TRX

Miscue Analysis: Coach's Job

- Watch for each hurdler's strength and improvement skills
- Teach hurdlers to identify strengths and improvement needs
- Praise the strengths and **guide toward improvement**

Miscue Analysis: Athlete's Job

- Learn and Understand the mechanics of hurdling
- Recognize own strengths and improvement skills
- **Take action** to strengthen both...goals!

Miscue Analysis: Body Positioning

Hurdler hits first hurdle consistently...

Cause: Poor body position out of blocks

Fix: Unlike sprinters, hurdlers should be taught to be hips tall by the 4th or 5th stride out of the blocks.

Hurdler hits last hurdle consistently...

Cause: dropping head and eyes going over last hurdle

Fix: Remain in tall position through last hurdle, then sprint

Miscue Analysis: Hurdle Approach

If the hurdler hits the hurdle with the lead leg toe...

Cause: Toe is pointed down

Fix: Teach dorsiflexion...focus on pointing toe up

If the hurdler hits the hurdle with the trail leg toe...

Cause: Toe is pointed down (plantar flexion)

Fix: Teach dorsiflexion...focus on pointing toe up

Note: Dorsiflexion gives 2-3 inches clearance to both lead and trail leg.

Miscue Analysis: Hurdle Approach

Hurdler hits hurdle with lead leg foot...

Cause: Straight leg approach

Fix: Practice leading with knee

Miscue Analysis: Arms

Hurdler overextends lead arm/lead leg slice...

Cause: Crossing midpoint of body with lead arm

Fix: Square up shoulders and hips and/or practice drills with arms up

Hurdler has a long, slow lead arm (away from body)

Cause: Wild, sweeping arms

Fix: Practice cheek to cheek, wallet to watch, and thumbs up

Miscue Analysis: Strong Finish

Hurdler drops head when attacking hurdles...

Cause: Hurdler lowers head

Fix: Practice drills staying straight and tall

Hurdler leans toward the finish

Cause: Belief that they should lean

Fix: Practice running through the finish line and decelerating 5 m after the finish line

Time for Drill and Skill Review

Questions?