

Sprints – Run over the Hurdles

After a RAMP warm up, this session focusses on running rather than jumping over the hurdles.

Equipment: Cones, 6 x low 6" microhurdles, 6 x 9"-12" microhurdles

Facility: 3 lanes x 40m on straight

Set up.

Cone ---- 10m ----- Hurdle ---- 8m ish ---- Hurdle ---- 8m ish --- Hurdle ---- 10m ----- Cone
(Gap Lane)
C H H H C ← and back (hurdles other way) ←

- 1) (Guided Learning). Allow athletes to run over 3 hurdles about 6-10m apart as above. Have a 10m run in and 10m run off the last hurdle. Use a second lane (gap lane between) for athletes to run back the other way (Safety: hurdles facing the right way for athletes to knock over !)
- 2) Explain that you want the athletes to run smoothly over the hurdles (and that run then jump is much slower). Allow athletes to change take off legs.
- 3) When confident with 6" hurdles increase the height of the hurdles to 9" or 12". Allow athletes not confident to run around hurdles but pretend lower hurdles are to the side.
- 4) Use a conditioning activity as a heart and lung rest... Ankle stretches, bands, hinges or lunges etc..
- 5) Set tracks with hurdles facing the same way. Pair athletes to race each other over the hurdles... reinforce that running over the hurdles is much faster than run and then jump...

Coaching points:

Run quickly over hurdles.

Keep shoulders and chest facing forwards

Relaxed arms (sockets to pockets or hips to lips)