

Wolfpack Hurdles - MCA Clinic

1. **Slide 1** Why am I talking?
 - a. The “Legend” Jim Kola and me **Click**
 - b. **Slide 2** Why I LOVE track and field
 - i. A sport for ALL kids
 - ii. Every kid can “Win” every single day
 1. Be better than you were yesterday. Fight for thousandths, hundredths, and tenths, feet, inches, mm’s.
 - iii. Ego vs Process centered teaching opportunity
 1. Ego = compare to others, beat others or “Win”
 2. Process = PR, improve techniques, embrace mistakes, experience joy **Click**
2. **Slide 3** My story / experiment with Feed the Cats
 - a. First football consortium article
 - b. Opportunity to coach track in 2023 and 100% commit - **Connor Fuller and LEGACY!**
 - c. Key results in 2023
 - i. 19 of 27 PR’s at divisionals
 - ii. 3 hurdlers in the 110 finals, 2 in the 300’s at state
 - iii. Ethan’s championship discipline
 - d. Key results in 2024
 - i. 3 of 7 PR’s at state
 - ii. 3 hurdlers in the 300 finals at state
3. Feed the Cats
 - a. **Click** Mantra - “Speed is the tide that lifts all boats.”
 - i. Sprint as fast as possible, as often as possible, while staying as fresh as possible
 - ii. Get fast by running fast
 - iii. Simple, essentialist approach **Click**
 - b. **Slide 4** Priorities
 - i. Speed > Endurance
 - ii. Speed > Technique
 - iii. Health > Endurance
 - iv. Full speed reps > Drills **Click**
 - c. **Slide 5** Rules
 - i. Low impact drills always
 - ii. Always quality - NEVER quantity
 - iii. Cherish every rep - time and video everything
 - iv. Never hurdle when tired: Fatigue makes cowards and hurdling requires ATTACKing
 - v. Only hurdle on “Speed” and “X-Factor” sprint days. “Lactate” days are almost always OFF days.
 - vi. Never hurdle more than 3 times per week, including meets. 4 times is rare. 1 or 2 built in rest days.
 - vii. Don’t hurdle every single meet. Give hurdlers a lighter load or different events. 2 meets in 1 week, no hurdle practice but only EDD’s. **Click**

- viii. **Slide 6** 2 Hurdle max rule in every rep (never practice hurdles tired)
 1. Regularly scheduled lactate work with sprinters is enough
 2. Correct form creates momentum and strong finish
 3. A poor finish is the effect, not the cause
 4. The cause happens or can be fixed within the first 2 hurdles
- ix. 10 Hurdle max rule in a practice
 1. Confidence is more important than technique
- x. Always discount (shorten hurdles and distances)
 1. Never full hurdle race height
 2. Never full hurdle race distance
 3. Adjust for weather, daily focus, each athlete
- xi. Always spike up
- xii. Always max effort (mimic competition) **Click**
- d. **Slide 7** Weekly Practice Planning
 - i. EDD's every hurdle day
 1. 1 speed day - EDD's and High's work
 2. 1 x-factor day (mini hurdles, drills, plyos, etc) - EDD's and Low's work
 3. 1 lactate day - day OFF
 - ii. Show practice calendar
 - iii. Show workout menu **Click**
- e. **Slide 8** My Role as Hurdle Coach
 - i. Facilitate success
 - ii. Build confidence! Prevent them from becoming a "head case" by focusing on flaws
 - iii. Beware of drills - KISS essentialist approach
 - iv. Full speed "Feed the Cats" mantra always
 - v. Find that minimum effective dose
 - vi. Cause - Effect - Solution
 1. When problems arise, look back to find the cause, then move forward to find the solution
 2. Use video evidence. Use Hudl technique app to diagnose. Have them diagnose themselves to find the problem.
 - vii. Each hurdler is different. Figure out their personality. When they're done they're done.
 - viii. Let them listen to their bodies through injuries. **Click**
- f. **Slide 9** Hurdling Technique - Takeoff and Landing is everything = why we can go 2 and 10 MAX
 - i. Takeoff - "Cut" step is everything: 7 feet away for boys, 6-6.5 for girls
 1. No knee drive, land on ball of foot (no heel) under hips and pull it under with violent pull back
 2. Neutral hips - no bend at the waist (bowl of soup)
 3. Nose past toes - forward lean with straight body
 4. Stack your joints
 5. Triple extension - ankle, knee, hip
 6. Transfer vertical force to horizontal momentum **Click**

- ii. **Slide 10** Cut step Pic and Video [Click through](#)
- iii. **Slide 11** Landing - most undercoached, important aspect of hurdling
 - 1. Power Position
 - a. Good posture
 - b. High knee
 - c. One foot landing
 - d. Land under hip
 - e. Avoid collapse
 - f. Bounce off lead leg
 - g. Don't reach EVER [Click](#)
- iv. **Slide 12** Landing Pic and Video [Click through](#)
- g. **Slide 13** Low Impact Drills (EDD's) - Can be done daily with zero landing or pounding to teach technique and create muscle memory
 - i. **Lead leg wall drill** 3x8 3rd notch (slow) - Focus on "cut" step, knee drive, and arms
 - 1. Bent knee. Will extend on its own after proper takeoff.
 - 2. Create stretch between knees - big split. Further you stretch the rubber band, the harder the recoil.
 - a. Max extension should happen before hurdle
 - 3. Neutral hips
 - 4. Arms bent at 90 always to stabilize the lower body [Click](#)
 - ii. **Slide 14 Trail leg wall drill** 3x8 3rd notch (slow)
 - 1. Lead leg foot is entirely in front of hurdle
 - 2. Hip drive 1st, not knee (lifting foot or heel)
 - a. Maximize rubber band stretch. Trail leg through will be a bi-product of this stretch. Like kneeing someone in a fight.
 - b. Rock back and reach to simulate clearing the hurdle. Don't just stand.
 - 3. Form of Trail Leg
 - a. Knee must stay higher than the foot at all times. Create vertical force.
 - b. Toe is up and out
 - c. Heel to butt. Do NOT extend the lower leg too early, eliminating the vertical force.
 - d. Knee to armpit, knee to chest, HOLD for one second [Click](#)
 - iii. **Slide 15 4 Hurdle Walkovers: 3x each: Lead, Trail, Over**
 - 1. Lead Leg
 - a. Do NOT extend at all. Foot straight up and down exaggerating knee drive.
 - b. Do NOT kick or swing the foot over. Foot straight up and down.
 - 2. Trail Leg
 - a. Lead leg foot entirely past the hurdle first
 - b. Pull arms through. Do NOT extend causing rotation. Stay N and S as possible with arms.
 - 3. Full Walkovers
 - a. Teaches push off of big toe to propel your hips forward past the hurdle [Click](#)
 - ii. **Slide 16 4 Hurdle Skip Overs: 3x each: Lead, Trail**
 - 1. Toes and Knees perfectly straight when watching from in front or behind
 - 2. Create bounce and rhythm

3. It's easy to turn hips when executing trail leg. Stay SQUARE! [Click](#)
- iii. [Slide 17](#) EDD Videos