

# WEST HURDLE TRAINING

Common Technical Mistakes and drills to help correct them.

# THREE AREAS WE WILL COVER

- Take off spot and form
- Lead Legs
- Trail Legs



## COMMON TECHNICAL ISSUE #1 - TAKE OFF SPOT

- Too close or too far – 6-6 1/2 feet girls, 6 1/2-7
- Not aligned
- Planting and Hip drop

## DRILLS TO CORRECT

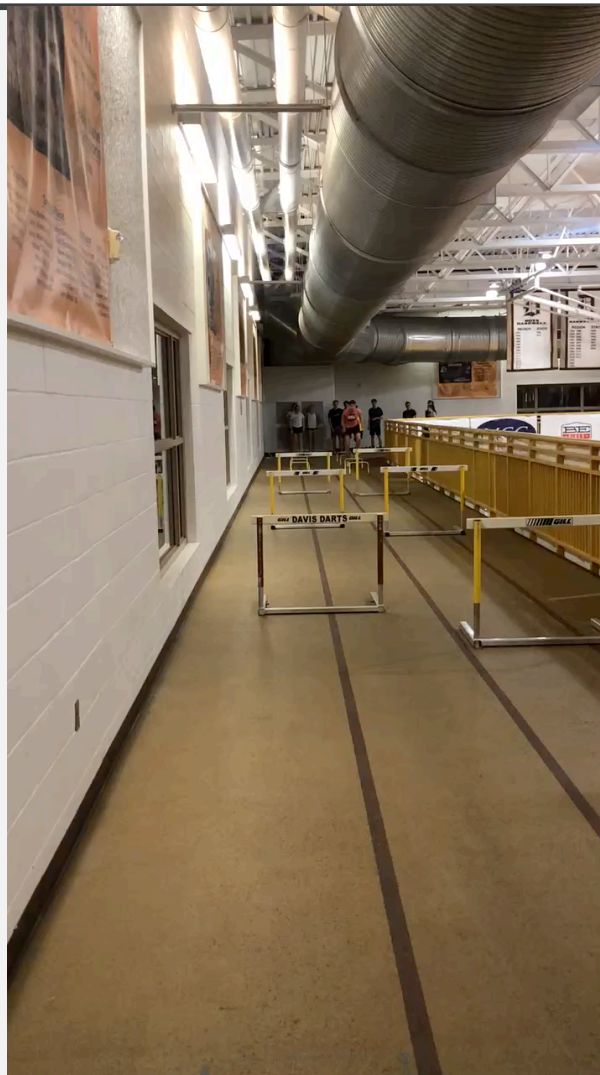
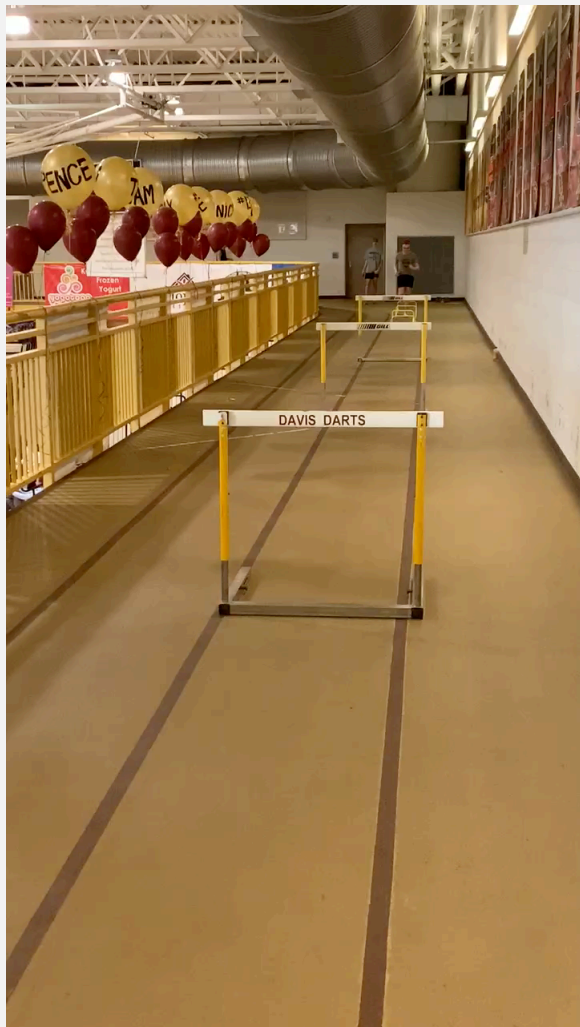
- Basic Drill - Cones Out
- Intermediate Drill - Hurdles side by side
- Advanced Drill - Three Step Drill

# BASIC/INTERMEDIATE DRILL - CONES SET OUT, HURDLES SIDE BY SIDE





# ADVANCED DRILL - THREE STEP DRILL – 22-24 STEPS



## COMMON TECHNICAL ISSUE #2 – LEAD LEG

- Knee Drive
- Crossing Over or Out
- Not Snapping down

## DRILLS TO CORRECT

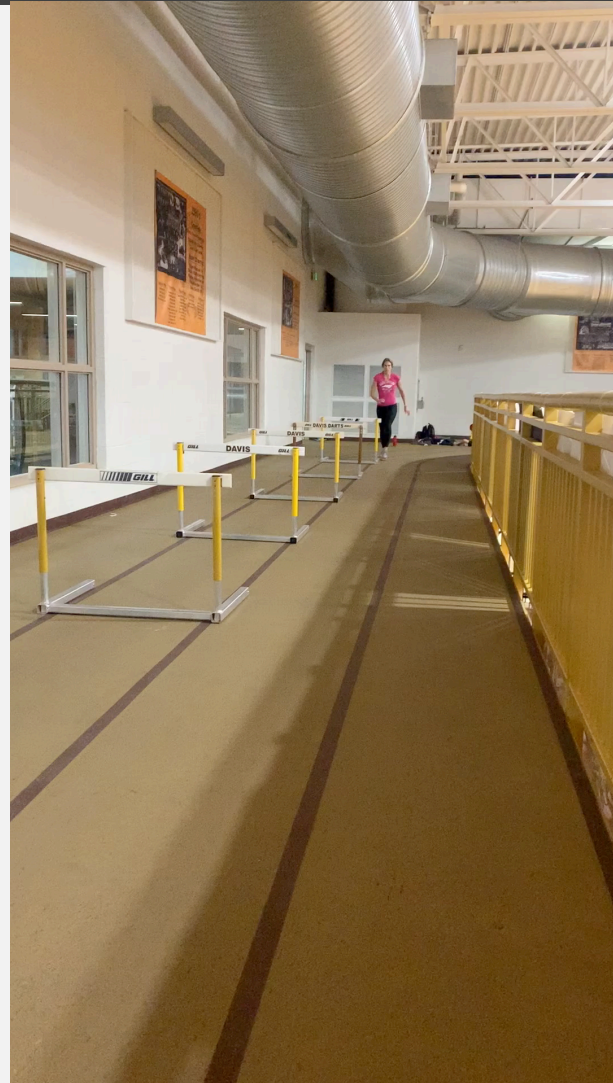
- -Basic Drill – Leads into Wall
- -Intermediate Drill – Walking Skipping Drill
- -Advanced Drill – One Step Drill



# BASIC DRILL – LEADS INTO WALL

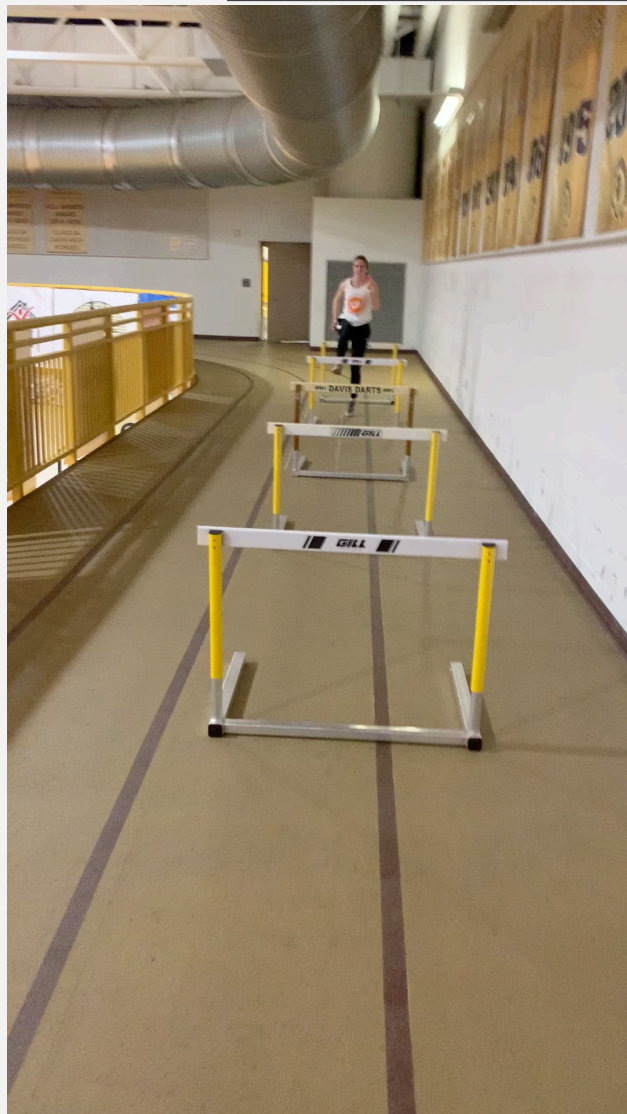


# INTERMEDIATE DRILL – WALKING/SKIPPING LEADS





# ADVANCED DRILL – HOP HOPS/ONE STEP DRILL





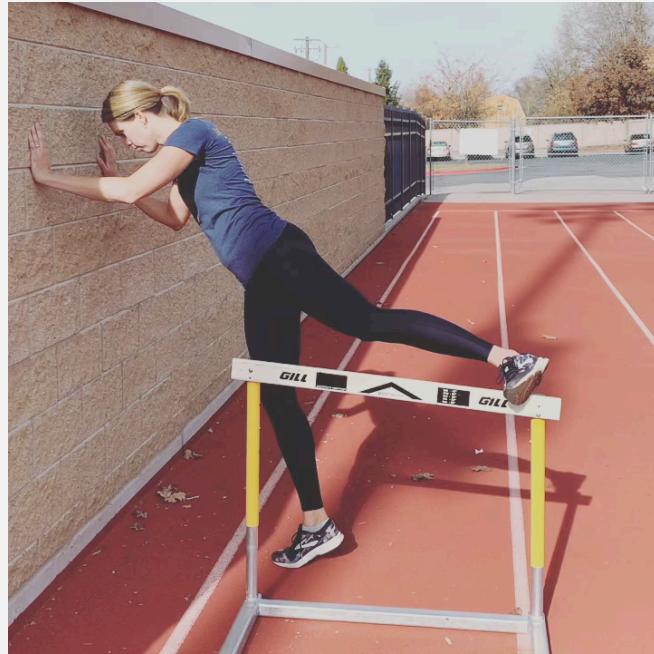
## COMMON TECHNICAL ISSUE #3 - TRAIL LEG

- Not bringing Trail around all the way
- Flicking Foot up above or beyond the Knee
- Dropping Knee after hurdle

## DRILLS TO CORRECT

- Basic Drill – Trails on Rails
- Intermediate Drill – Walking/Skipping Trails
- Advanced Drill – hop hops, one step drill

# BASIC DRILL – TRAILS ON RAILS



# INTERMEDIATE DRILL – WALKING/SKIPPING TRAIL





# ADVANCED DRILL – HOP HOPS, ONE STEP DRILL

