

Coaching the Hurdles With Limited Indoor Facilities

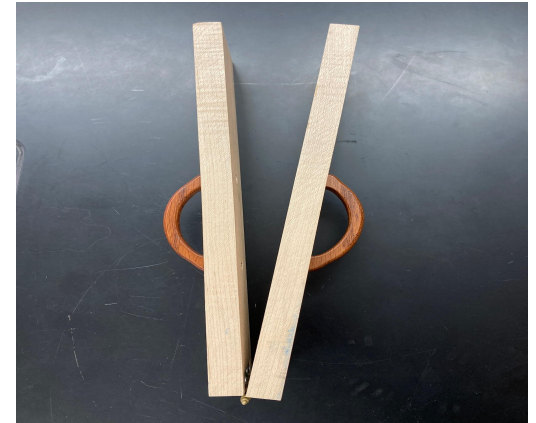


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Goals/Purpose to Hurdling Indoors

- **What do you want your athletes to gain/develop?**
 - Feeling comfortable going over hurdles
 - Hip flexibility and strength
 - Rhythm
 - Technique
 - Preparedness for indoor meets (outdoor meets - 300s?)
- **What equipment do you need?**
 - Mini Hurdles/Wickets
 - Collapsible Hurdles
 - Foam Hurdles
 - Regular Hurdles (with foam crossbar cover)
 - Blocks and a Starter

Equipment



Indoor Facilities

How Much Space Do You Need?

100/110s

Start to 1st (13.72 m boys, 13 m girls)

Start to 2nd (22.86 m boys, 21.5 m girls)

Start to 3rd (32 m boys, 30 m girls)

Middle hurdles (space between hurdles - 9.14 m boys, 8.5 m girls)

Finish (last hurdle to finish - 14.02 m boys, 10.5 m girls)

300s

Start to 1st (45 m)

Between hurdles (35 m)

Random Spacing (work on alternating legs or steering into hurdle)

Finish (last hurdle to finish - 10 m boys and girls)

**** Need room for deceleration**

Hurdle Spacing

High School Race Distances				
Race Distance	Height of Hurdle	Distance to First Hurdle	Distance Between Hurdles	Distance from Last To Finish Line
Boys 110 M (10 hurdles)	39 inches	13.72 M 45' or 15 YDS	9 spaces @ 9.14M 30' or 10 YDS	14.02 M 46'
Girls 100 M (10 hurdles)	33 inches	13 M 42'-8"	9 spaces @ 8.5 M 27'-11"	10.5 M 34'-6"
Boys 300 M (8 hurdles)	36 inches	45 M 147'-9"	7 spaces @ 35 M 114'-9"	10 M 32'-10"
Girls 300 M (8 hurdles)	30 inches	45 M 147'-9"	7 spaces @ 35 M 114'-9"	10 M 32'-10"

Indoor Facilities

Gym

- Start to 2nd or 3rd hurdle in most gyms (fieldhouses 5-6 hurdles)
 - Chilton - main gym (45 m) - start to 3rd or 4th, full fieldhouse (62 m) to 5th
- Can gain more space going diagonal
 - Chilton - man gym (51 m), full fieldhouse (66 m) - same amount of hurdles



Indoor Facilities

Hallway

- Find a straight hallway (100/110s) or slight curve for 300s (little to no traffic!)
 - Chilton - locker room hallway (45 m), athletic hallway (75 m), academic hallway (97 m)
- Need space for blocks to 1-3 hurdles or take blocks out and focus on hurdle technique or rhythm

Others - cafeteria (45 m), open/empty classroom, lobby (gym (30+m) or PAC), etc.

- Find enough space to do some stationary drills, rhythm drills, stretching, plyos, go over a hurdle or two (w/ or w/o blocks), block starts, etc.

Warm-up Drills

Static Stretches

Others?



Lead



Trail



Fire Hydrant



Hydrant Rotation

Warm-up Drills

Dynamic Stretches



Walkovers (fwd & bwd)



Hand Walkovers

Warm-up Drills

Dynamic Stretches

Others?



Over-Unders

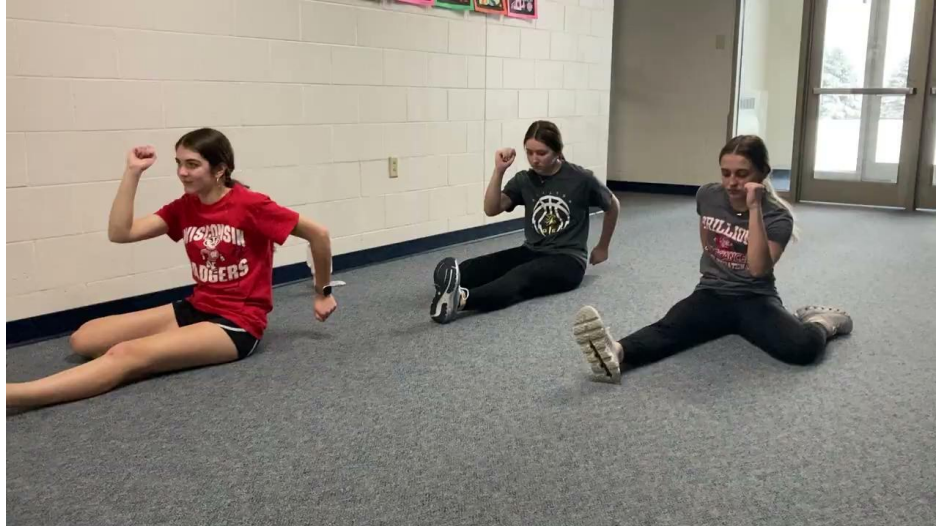


Chorus Line

Technique Drills

Arms

Positions



Transitions

Technique Drills

Lead & Trail Legs

Wall Drills

Trail leg



Lead Leg



1-3 step lead leg

Technique Drills

Lead & Trail Legs

Trail Leg Slide Pull Off



Trail Leg Slide



Technique Drills

Lead & Trail Legs

Straddle w/ assistance



Straddle

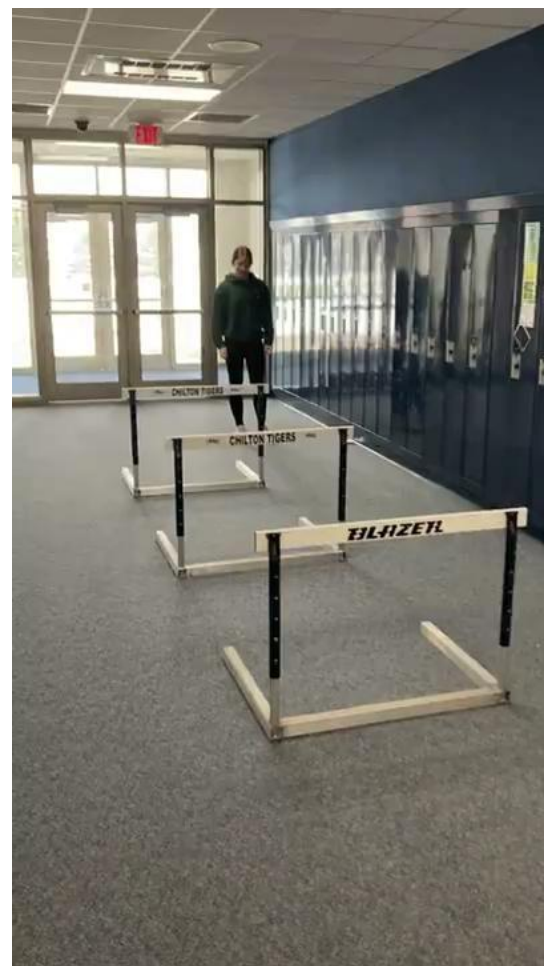
Technique Drills

Lead & Trail Legs

Others?



Shadow lead leg



Shadow trail leg

Rhythm Drills (adapted from *The Sprint Hurdles* book by Hector Gotto)

Cycle Drill

5 Hurdles spaced 15 feet apart
3 Steps between hurdles



Cycle Ladder Drill

5 Hurdles spaced 9, 11, 13, 15 feet apart
3 Steps between hurdles

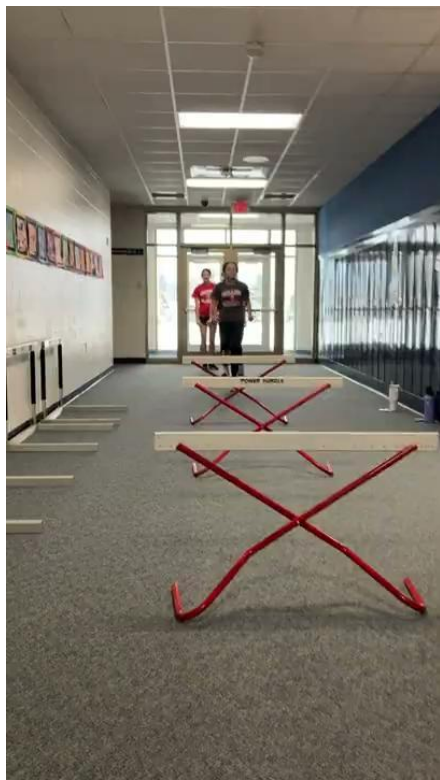


Rhythm Drills (adapted from *The Sprint Hurdles* book by Hector Cotto)

1 Step Drill

5 Hurdles spaced 6 feet apart

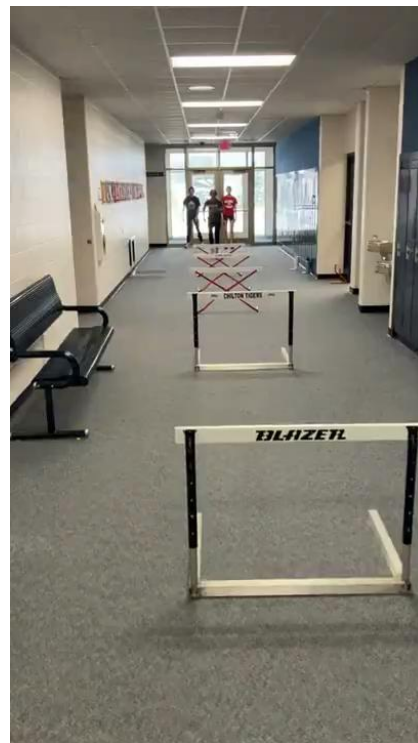
1 Step between hurdles



1 Step to Cycle Ladder (to Cycle)

7-10 hurdles spaced 6, 6, 9, 11, 13, 15 (17, 17, 17) feet apart

1 step between H1-H3, 3 steps between rest of hurdles



Hurdle Touchdown Tables

Girls Hurdle Touchdown Chart

Target	H1	H2	H3	H4	H5	H6	H7	H8	H9	H10
13.8	2.5	3.6	4.6	5.7	6.8	7.9	9.1	10.2	11.2	12.2
14.0	2.5	3.6	4.6	5.7	6.9	8.1	9.3	10.4	11.3	12.4
14.3	2.6	3.6	4.7	5.9	7.1	8.3	9.5	10.7	11.7	12.9
14.8	2.6	3.8	4.9	6.0	7.2	8.4	9.6	10.9	11.8	13.0
15.0	2.6	3.8	4.9	6.1	7.3	8.5	9.7	11.0	12.0	13.2
15.5	2.7	3.9	5.1	6.3	7.5	8.7	9.9	11.3	12.4	13.6
16.0	2.7	4.0	5.3	6.5	7.8	8.9	10.1	11.6	12.8	14.0
16.5	2.7	4.1	5.5	6.7	8.0	9.1	10.3	11.9	13.2	14.4
17.0	2.8	4.2	5.6	6.9	8.2	9.3	10.5	12.2	13.3	14.8
17.5	2.8	4.3	5.7	7.0	8.4	9.5	10.7	12.5	13.7	15.2
18.0	2.9	4.4	5.9	7.2	8.8	9.7	11.1	12.8	14.1	15.6

Target	H1	H2	H3	H4	H5	200	H6	H7	H8
36.6	6.0	10.3	14.4	18.6	22.8	24.3	26.7	31.2	35.4
38.0	6.3	10.6	14.8	19.1	23.2	25.2	27.7	32.2	36.8
39.4	6.5	10.9	15.2	19.5	23.9	25.9	28.5	33.2	36.8
40.8	6.8	11.2	15.6	20.1	24.6	26.7	29.4	34.3	39.3
42.2	7.1	11.6	16.1	20.8	25.5	27.6	30.4	35.5	40.7
43.7	7.3	12.0	16.7	21.5	26.4	28.6	31.5	36.7	42.1
45.2	7.6	12.4	17.3	22.2	27.3	29.5	32.5	38.0	43.5
46.6	7.8	12.8	17.8	22.9	28.1	30.5	33.6	39.2	44.9
48.1	8.1	13.2	18.3	23.6	28.9	31.5	34.7	40.4	46.3
49.6	8.3	13.6	18.8	24.3	29.7	32.5	35.8	41.6	47.7
51.1	8.5	14.0	19.3	25.0	30.5	43.6	36.9	42.9	49.1
52.6	8.7	14.4	19.8	25.7	31.3	44.7	38.2	44.2	50.5
54.1	8.9	14.9	20.3	26.4	32.1	45.8	39.5	45.5	51.9

Boys 110 Hurdles

Target	H1	H2	H3	H4	H5	H6	H7	H8	H9	H10
13.6	2.5	3.6	4.6	5.6	6.6	7.7	8.8	9.9	11.0	12.2
14.0	2.5	3.6	4.6	5.7	6.8	7.9	9.0	10.1	11.2	12.4
14.4	2.6	3.6	4.7	5.8	6.9	8.1	9.3	10.5	11.7	12.9
14.8	2.6	3.7	4.7	5.8	7.0	8.2	9.4	10.6	11.8	13.0
15.0	2.6	3.7	4.9	6.0	7.2	8.3	9.5	10.7	12.0	13.2
15.5	2.7	3.8	5.0	6.2	7.4	8.6	9.8	11.0	12.3	13.6
16.0	2.8	3.9	5.1	6.4	7.6	8.8	10.1	11.3	12.6	14.0
16.5	2.9	4.0	5.2	6.6	7.8	9.0	10.4	11.6	12.9	14.3
17.0	3.0	4.1	5.3	6.7	8.0	9.2	10.7	11.9	13.2	14.6
17.5	3.1	4.2	5.4	6.8	8.2	9.4	11.0	12.2	13.5	14.9
18.0	3.2	4.3	5.5	6.9	8.4	9.6	11.3	12.5	13.8	15.2
18.5	3.3	4.4	5.6	7.1	8.6	10.0	11.6	12.8	14.1	15.5

Boys 300 Hurdles

Target	H1	H2	H3	H4	H5	200	H6	H7	H8
36.6	6.0	10.3	14.4	18.6	22.8	24.3	26.7	31.2	35.4
38.0	6.3	10.6	14.8	19.1	23.2	25.2	27.7	32.2	36.8
39.4	6.5	10.9	15.2	19.5	23.9	25.9	28.5	33.2	36.8
40.8	6.8	11.2	15.6	20.1	24.6	26.7	29.4	34.3	39.3
42.2	7.1	11.6	16.1	20.8	25.5	27.6	30.4	35.5	40.7
43.7	7.3	12.0	16.7	21.5	26.4	28.6	31.5	36.7	42.1
45.2	7.6	12.4	17.3	22.2	27.3	29.5	32.5	38.0	43.5
46.6	7.8	12.8	17.8	22.9	28.1	30.5	33.6	39.2	44.9
48.1	8.1	13.2	18.3	23.6	28.9	31.5	34.7	40.4	46.3
49.6	8.3	13.6	18.8	24.3	29.7	32.5	35.8	41.6	47.7

QUESTIONS?

Thank You!
Good Luck This Season!

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