

14. Hurdles

The ability to **run over obstacles such as canes, foam wedges and hurdles requires rhythm and control**. Athletes should also look to run over obstacles with **speed and agility**.

Athletes should demonstrate good posture as per running technique throughout hurdles progression. **Shoulders and torso (body) should be aligned with the direction of travel** (facing forwards) throughout the hurdle progressions. Coaches should ensure athletes use **both right and left lead legs** when completing these challenges.

Stage 1 Red Challenges

14a) **Rhythm Run over low obstacles (cane) without hesitation.**

14b) **Sprint (not jumps) over obstacles (cane).**



Rhythm Run over low obstacles (HATS)

no without hesitation

20 METRES?



Sprint (not jumps) over obstacles (HATS). Adjust

stride not jump!!

20 METRES?

Stage 2 Yellow Challenges

14a) As Red 14a, but with increased height (SAQ **LOW HURDLE**).

14b) Complete **obstacle course** showing rhythm, control and agility.

14c) **Sprint over and between obstacles, using a consistent stride length and pattern.**

14d) **Sprint straight down the line of obstacles.**



As Red 14a, but with increased height

(SAQ low hurdle) = RUN use Long stride

20 METRES?



SPRINT over and between obstacles,

using a consistent stride length and pattern. WE JUDGE

YOU!!

HIGH & LOW MINI HURDLE OPTIONS

20 METRES?



Sprint straight down the line of

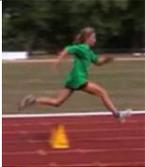
obstacles = SPRINT .high hurdles down middle – long stride

slight lean HIGH & LOW MINI HURDLE OPTIONS

20 METRES?

Stage 3 Green Challenges

- 14a) As Yellow 14a, but with increased height (SAQ **TALL HURDLES**/ Sports Hall Low hurdles).
- 14b) Maintain **good basic running technique** when sprinting over obstacles.
- 14c) Use a 3 **stride pattern between hurdles** within hurdle grid.
- 14d) **State a 'lead leg' preference** when sprinting over hurdles.
- 14e) Active **use of arm action to aid running speed** over hurdles.

 <p>14a) As Yellow 14a, but with increased height (SAQ tall hurdles/ Sports Hall Low hurdles)</p>	 <p>good basic running technique when sprinting over obstacles</p>	<p>3 stride pattern between hurdles within hurdle grid. 5 STRIDES IN ALL</p>  <p>TAKE OFF DIFF LEGS</p>	 <p>use of arm action to aid running speed over hurdles BIGGER OPEN ARMS – BALANCE</p>
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Stage 4 Purple Challenges

- 14a) As Green 14a, but with increased height (**Sports Hall Medium hurdles**).
- 14b) Understand that stride patterns determine which leg clears the hurdle first (lead leg).
- 14c) Show rhythm and does not 'reach for the hurdles'.
- 14d) Demonstrate **confidence in leading with either leg to sprint over an obstacle**.
- 14e) Demonstrate a **dynamic lead leg**.
- 14f) Demonstrate a **short lateral trail leg**.

<p>As Green 14a, but with increased height (Sports Hall Medium hurdles).</p>  <p>4 POINT START & CONES!!</p>	<p>stride patterns determine which leg clears the hurdle first (lead leg).</p>  <p>BIG ARMS = BALANCE AS OVER HURDLES</p>		 <p>short lateral trail leg = short lateral trail leg. BACK LEG DOWN QUICK.</p>
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Stage 5 Blue Challenges

- 14a) Demonstrate rhythm and running efficiency over **increased height and distance (hurdles grid)**.
- 14b) Identify **optimal distance between hurdles to maintain 3 stride pattern (hurdle grid)**.
- 14c) Demonstrate **hurdle walkover drills (low height) with good posture**, balance and correct foot placement: i) **Hurdle stepover**; ii) **Can-can**; iii) **Hurdle side steps**.
- 14d) Demonstrate **hurdle mobility drills** with good posture and technique.

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Stage 6 Black Challenges

- 14a) Take off well in front of the hurdle (approximately $\frac{2}{3}$ of the hurdle stride).
- 14b) Demonstrate good linear lead leg, with knee driving straight at hurdle in take off.
- 14c) Drive forward more than upward at take off.
- 14d) Fully extend hip, knee and ankle joints at take off.
- 14e) Demonstrate lead and trail leg hurdle drills (run over drills) with good basic technique.

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