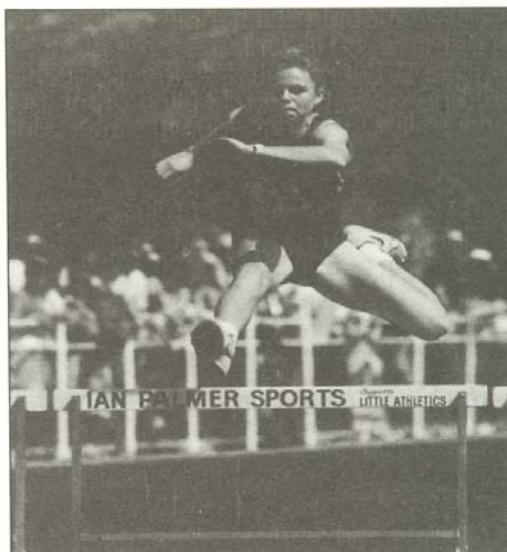


HURDLING



POINTS OF TECHNIQUE

1. Hurdling is a sprint race.
2. Clearance of hurdles should interfere as little as possible with the sprinting action.
3. Hurdles should be cleared economically.
4. Progress in technique development should be made by gradually raising the hurdle height and increasing the number of hurdles to clear.
5. Hurdle clearance and development of running speed between the hurdles should take place together.
6. In the start position, the athlete will rise to their normal sprinting posture earlier than in a "flat" sprint.
7. To clear the hurdle the lead leg must be lifted with the knee flexed and straight in the line of the running direction.
8. To avoid jumping, the knee must lead the lifting action and reach its highest point before the lower leg and foot swing forward.
9. There must be a wide split between the thighs of the lead and take-off legs.
10. The coach should always bear in mind that the purpose of all hurdling techniques should contribute to:
 - Speed to the hurdles
 - Speed over the hurdles
 - Speed between the hurdles
 - Speed after the hurdles to the finish line.
11. Relaxation throughout.
12. Young athletes should be encouraged to learn to lead with each leg. This will facilitate future development in the hurdle events.



Hurdling is a sprint race. In this photo the athlete displays sound basic technique although she is too high over the hurdle.