

Task Card 1

Activity: Lead and Trail Legs for sprint hurdles



In pairs:

1. First person stands with feet 'shoulder width' apart, and eyes shut. Your partner will gently push you forward. The leg that lands in front first is your lead leg. Repeat activity roles.
2. First person runs over a small hurdle, using a lead and trail leg. Partner asks them to switch legs on their second attempt. After two attempts, ask which technique felt more comfortable/effective. Repeat activity roles.
3. Each person finds out which leg they use to kick a ball with. *The leg that you plant on the ground can be the trail leg and the leg that swings to kick the ball can be the lead leg.*

Level: Beginners

Task Card 2

Activity: Three Stride Pattern for sprint hurdles



Hurdling is similar to dancing – to be successful you need to establish 'Rhythm'.

Note, there are four contacts with the ground, the first contact with the ground is not the first stride.

The ultimate aim is for the athlete to achieve an 8,3,3,3... stride pattern. Younger athletes may start with a 10,5,5,5 or 9,4,4,4.

Note: The 8 or 10 or 9 refers to the strides to the first hurdle.

In pairs:

1. In turn each person will take three strides between the hurdle/obstacle, running over three hurdles. Repeat as required.
2. Repeat to consider the first stride will occur once the trail leg clears the hurdle and plants on the ground. The quality of this stride is extremely important as it initiates the sprinting action.
 2. Repeat to consider the second stride will be the longest stride of the three. This is done by the lead leg.
3. Repeat to consider the third stride is known as the cut step. It is the shortest of the three strides.

This allows for a fast and aggressive lead leg attack on the next hurdle.
This allows the athlete to project themselves effectively over the hurdle.

Level: Advanced

Sources:

Athletics Ireland (NGB) website: <https://www.athleticsireland.ie/high-performance/performance-pathway/workshops/>

Videos: https://www.youtube.com/watch?v=fQTJU2TdTG8&list=PL6ED8UY7yH_gzefrN9CvmmWD0nbvpD8g&index=1

Manual: <https://cushinstownathleticclub.com/wp-content/uploads/2020/06/aacoach-hurdles.pdf>