

Sample Technique Sheet – Sprint Hurdles

Sprint Hurdles Technique



Oide

Body Position



Body leaning forward
Head looking straight ahead
'Hip to lip' arm action
Quick and high knee drive

Lead Leg



Heel tucked up under the hip
Lead knee driving forward
Leg extended over hurdle
Foot under hips when landing

Trail Leg



Heel tucked under butt
Knee rotates outwards
Toe pointed upwards
No groin width when landing
(‘close the door’)

Sources:

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

Videos: <https://youtube.com/shorts/cx9YFyyedrM?si=e5s8ht-qDbLAq483>

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