

### **Athletics O+A**

As the hurdling technique is quite complex I thought it would be best to choose a person who plays a lot of sport and is used to picking up new techniques and adopting existing techniques.

#### **Leanne**

<b><u>Strengths</u></b>	<b><u>Weaknesses</u></b>
1) Leanne has long legs and so it isn't hard for her to make her strides longer to fit 3 strides between the hurdle and to maintain a rhythm.	1) Leanne's approach to the first hurdle is irregular, and the stride pattern from the start varies. Leanne was hesitant.
2) Leanne is very flexible which is important in hurdling. It is an advantage if you have good flexibility so you can maintain good hurdle position whilst jumping the hurdles.	2) When Leanne jumps over the hurdle, using breaststroke arm action when crossing the hurdle.
	3) Leanne loses speed between hurdles.

#### **Reasons and Corrections for the weaknesses.**

##### **Reason for weakness 1.**

Leanne is anxious and unsure of the approach and pacing to the hurdle, and afraid of hurdle clearance. Leanne straightens up too soon from the start and her vision is not at the 1<sup>st</sup> hurdle. There is not sufficient drive at the hurdle.

##### **Corrections**

- I lowered the hurdle and with Leanne showed her how to pace her stride to the 1<sup>st</sup> hurdle. I showed Leanne how to maintain forward lean until the 5<sup>th</sup> and 6<sup>th</sup> stride and then attack the hurdle with aggressive acceleration and body lean.
- Leanne practiced bounding to increase her stride length.
- Then with the low hurdle practiced 8 strides in the lane next to the hurdle and jumped at the point where the hurdle would be.
- Once she had perfected this she started doing it in her lane until she could clear the hurdle totally.
- Advance: As Leanne adjusted to this previous exercise I began to raise the height of the hurdle until it was at the proper height.

##### **Reason for weakness 2**

Leanne straightens up prior to clearing hurdle. The approach is too slow to the hurdle, and Leanne over strides prior to take off. Leanne has weak use of leading leg and opposing arm. This is causing her to perform a breaststroke like arm action to try and propel her self over the hurdle.

Annie McBain

### Corrections for weakness 2

Leanne needs to maintain upper body lean immediately prior to and during hurdle clearance. Leanne should driving the opposing arm and the upper body low and forward during take off and hurdle clearance. Leanne must sprint aggressively so that the take off position is correct.

- The 1<sup>st</sup> exercise that we practised for this was a drill where Leanne has to walk slowly with high knee lifts along the side of low hurdles.
- Leanne had to lift the thigh of her leading leg to horizontal, then
- Extend the lower leg over the hurdle
- Bring the trail leg around the side of the hurdle

#### **Tips I gave Leanne.**

- 1) Lift the thigh of your leading leg above horizontal and kick the heel forward to extend the lower leg.
- 2) Position yourself so that the leading leg can be extended almost without hitting the hurdle.

- Advance: As Leanne gained confidence she increased the jog to a skip and then the skip to a jog.

Throughout this exercise I showed Leanne how to use her arms correctly. I also showed her how to aim for good acceleration from the standing start. I also told her:

Drive aggressively toward the hurdle

Don't slow down as you approach the hurdle.

Don't jump over the hurdle, get over it low and get back to sprinting.

### Reasons for weakness 3

Leanne's hurdling technique needs to be improved. There is no drive towards the next hurdle and the body is too upright.

### Corrections

Leanne practised driving at the hurdle and getting into the sprint action as fast as possible after clearance. Leanne can improve her arm action and leg drive with repetitive bounding and hopping which we practised before starting the drills.

I set up a practice with 2 hurdles. I Varied the distance of the 2<sup>nd</sup> hurdle from the first and I also set the 2<sup>nd</sup> hurdle at a lower height than the 1<sup>st</sup> to make it easier for Leanne to get over.

As Leanne's speed and confidence increased I could move the hurdle more towards the correct position and height.

Leanne spent a lot of time working on 8 strides to the 1<sup>st</sup> hurdle and 3 to the 2<sup>nd</sup>.

Annie McBain

Advance:

Competition helps to develop a more aggressive approach to the hurdles which helps with fast sharp actions involved. For this practice I set the hurdles at the correct distances apart but kept the 2<sup>nd</sup> hurdle lower for Leanne.

I raced Leanne against Lauren Bridle and Anneka Wicks to girls in the same year and of the same fitness levels.

**Tips I gave Leanne:**

- 1)** Get the leading leg down to the ground as fast as possible after clearing the hurdle.
- 2)** Be aggressive with your arm action and bring the trail leg past the hurdle as fast as possible.
- 3)** Drive hard between the hurdles and through the finish.
- 4)** Aim for continuous acceleration.

Leanne came second in the race to Lauren who competes and trains in hurdles.

There was quite a definite improvement in Leanne's technique and performance. Her speed had increased a lot whilst still maintaining good technique. This enabled me to put out a set of 5 hurdles and correct height and distances, and Leanne managed to get over all the hurdles without dropping her technique or speed.