



La Salle
COLLEGE PREPARATORY

Track and Field

Coach C. Ring '01

3880 E Sierra Madre Blvd
Pasadena, CA 91107
626.351.8951

Simple Hurdle Drills

A) SERIES OF EXERCISES TO EMPHASIZE: TRAIL LEG AND LEAD LEG FLEXIBILITY, LEAD LEG HIGH KNEE, KEEPING HEEL UNDER THE GLUTE, OVER-UNDERS.

<https://drive.google.com/file/d/0B8Bf4C5G83RMY3FhdFIHWWVaZEk/view?usp=sharing>

B) EMPHASIZE APPROACHING A HURDLE ON THEIR TOES.

<https://drive.google.com/file/d/0B8Bf4C5G83RMNm00MI9saW1BZnc/view?usp=sharing>

C) PREVENTING THE TRAIL LEG KNEE FROM DIPPING.

<https://drive.google.com/file/d/0B8Bf4C5G83RMS3Axdm8ydEIMeHc/view?usp=sharing>

D) DORSIFLEXION AND KNEE LIFT.

<https://drive.google.com/file/d/0B8Bf4C5G83RMNkdfRmVXX183ZFU/view?usp=sharing>

E) FOOT PLACEMENT FOR TRAIL LEG DRILLS

<https://drive.google.com/file/d/0B8Bf4C5G83RMNU1laEZ2UINtN1E/view?usp=sharing>

F) TRAIL LEG DRILL ON THE FENCE. KNEE LIFT AND CORRECT FOOT PLACEMENT.

<https://drive.google.com/file/d/0B8Bf4C5G83RMaVNRRGNZVWkxcXM/view?usp=sharing>