

Pro Hurdles Drill 1

EQUIPMENT

1x set of Pro Hurdles. 4 Disc cones.

MEASUREMENT

10 x 20 yards

CATEGORY

Coordination, Agility and Speed Training

COACHING POINTS

1. Jumping over hurdles - Both feet together, use the balls of the feet to jump and land. Use arms for stability.
2. Maintaining good technique and 100% effort throughout the drill is crucial.
3. Do 6-8 repetitions each player.

PROGRESSION

1. Vary the order of adjusted heights, i.e. high, high, low, low, etc.

1



ON THE COACHES COMMAND, THE FIRST **PLAYER** JOGS TOWARDS THE FIRST HURDLE...

2



THE **PLAYER** JUMPS 2 FOOTED OVER THE HURDLES THAT ARE ADJUSTED AT VARIED HEIGHTS

3



TECHNIQUE IS VERY IMPORTANT: BOTH FEET TOGETHER, USE THE BALLS OF THE FEET TO JUMP AND LAND. USE THE ARMS FOR STABILITY