

9" Speed Hurdles Drill 1

EQUIPMENT

1 Set of 9" Red Speed 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. The power put behind the first step of the sprint is crucial and half the work.
3. Maintaining good technique and 100% effort throughout the drill is crucial.
4. Do 4-8 repetitions each player.

PROGRESSION

1. Variation - Jump from right to left, over the hurdle, then sprint.

1



ON THE COACHES COMMAND, BOTH PLAYERS JUMP (2 FOOTED) SIDWAYS OVER THE FIRST HURDLE...

2



PLAYERS JUMP FORWARD OVER THE SECOND HURDLE...

3



PLAYERS THEN SPRINT TO THE YELLOW CONES