

HURDLES workshop Sunday 14th Feb. Porritt Stadium 9-11am

- Welcome Athletes, Coaches, Parents – “ all levels of HURDLERS”
- General warm up for everyone including specific HURDLES stretches / drills
- Demo first 3 hurdles by Elites / questions
- Split: short hurdles / long hurdles / Elites

SHORT ; 80 – 100 - 110

- coordinated by Jill Morrison and Brent Booker. Assisted by Robin Knowles

- Skills drill, coaching ideas, individual instruction
- Importance of start and first 3 hurdles
- Progression through the grades and hurdle heights
- Opportunity for questions and sharing of ideas
- And a chance to become part of the Hurdles family around NZ

LONG; 300 and 400m

– coordinated by Criss Strange

- Skills, drills, coaching ideas – fitness requirements
- Alternate leg drills and training methods
- Individual tasks – focuses / work-ons
- Discussion on hurdle training / potential barriers to overcome / use of video / focus needs



FREE workshop supported by NZ Hurdles Group.

Please be there on time, ready to start at 9am as we only have a 2hr window .