

Hurdle Mobility Drills

Each drill should be done 10 times. The number of sets to start should be 1, as the summer progresses you can add more sets up to 3. After you complete one set of exercises take a one minute break.

Hurdle Walk: Set up two hurdles a short distance apart. Step over one leg at a time. Hurdle should be set to a height that drills can be done correctly. Repeat this 10 times, alternate lead leg. Always keep hands behind head.



Hurdles Jumps: Use two hurdles, jump over each hurdle. Start with the hurdles on the lowest setting. As you progress through the summer, raise the height if to easy. Keep hands in front of you for balance



Hurdle Over-Under: Use two hurdles, one at lowest setting the other at the highest setting. You are to step over one leg at a time, just like in the hurdle walk. The second hurdle you step laterally through. Repeat this 10 times. Always keep hands behind head.



Lateral Hurdle Walk-Overs: Use two hurdles, step over one leg at a time. Repeat this 10 times. Always keep hands behind head.



Hurdle Over-Under Lateral: Use two hurdles, one at the lowest setting the other at the highest setting. You are step over one leg at a time, just like in the hurdle walk. The second hurdle you step laterally through. Repeat 10 times. Always keep hands behind head.



