Micro-Learning Club Coaching Drill Card #6

Week 6: 28 October 2026:

Drill progressions for Sprints and Hurdles:

This drill card looks at how to deliver a sprint or hurdle session showing a progression of drills from less complex to more complex positional movements.

Sprints and Hurdles:

- **Deliver drills with progressive complexity**: Start your warm-up dynamically with various game/s and skipping drills. Then progress to the sprint/hurdle drills you want to focus on during your session. Start with the march drills then move onto skipping and running drills.

- **Acceleration Session**: You can deliver acceleration drills with the wall drill and or fall out starts (not shown in the video series). Then complete short 15m-20m repetitions. For hurdles, complete many starts over hurdle 1 then build in more hurdles. Starts can be from a 2 step rolling, 2 point, 3 point or 4 point (crouch start) position. Once proficiency has been established, move onto block starts.

- **Max Velocity Session:** Most of the "Mach" drills (A's, B's & C's) are working on establishing good positions for upright sprinting. Use a variety of drills during your session. Note: Mix up the drills to keep the athletes interest and to challenge them.

- **Skill transfer**: Educate your athletes on why we do these drills so posture and relaxation can be achieved when sprinting. Look at delivering hurdles drills as a warm-up or a warm down if conducting a sprint session.

- **Hurdles session**: Always complete hurdle drills before a running session over the hurdles. Consider lower hurdle heights and reduced hurdle spacings to establish a good hurdle rhythm and fast execution over the hurdles.

For more reading: Read our more detailed document on Junior Sprints/Hurdles fundamentals in our Coaching resource section.

Yours in Athletics

Neil Bartlett – Athletics Auckland Coach Development