

HURDLES

When hurdling: -

- You should try to clear the hurdles without slowing down
- Use smooth, fast running between the hurdles

Lead leg (the first leg over the hurdle)

- Lift your knee straight up towards the hurdle;
- stretch your leg straight out over the hurdle;
- land with your foot in a straight line on the other side of the hurdle

Trail leg (follows the lead leg) -

- Lift your leg up to the side, your heel close to your bottom, with your toes pulled up;
- pull your knee through to your chest;
- land with your foot in a straight line on the other side of the hurdle

