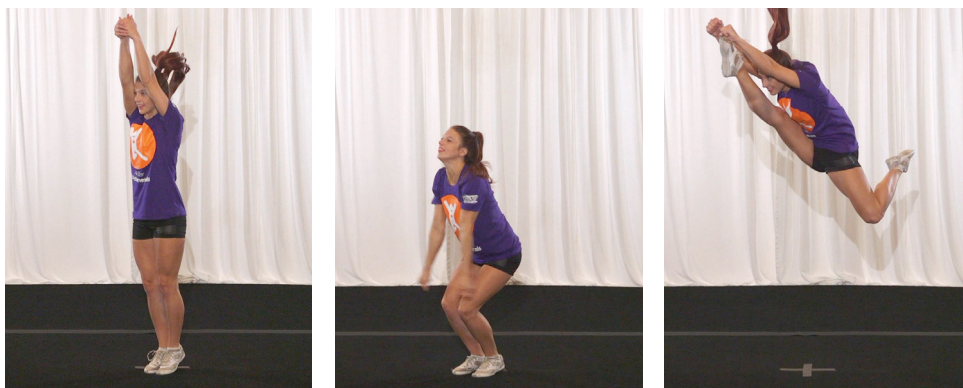


Description: The Front Hurdler is a jump in which the dominant leg kicks directly up in front of the body as high as possible and the back leg is in a knee down, bent position by driving the toe up. The jump looks similar to a check mark. Arms for the jump are at a 45 degree angle Touchdown motion. The front leg kicks straight up through the arms similar to a football going through goal posts, while the back leg bends simultaneously. This jump is generally performed facing the corner angle.



Supplies / Aids:

Video

Equipment Needed:

None Required

Recommended: Mirrors, dots or taped X's on the floor so athletes know where to stand. Trampoline if available.

Notes:

Drills for Leg Placement:

- 1 Straight High Kicks - With arms in the 45 degree Touchdown motion start with the dominant kick leg behind and practice quick High Kicks straight through the arms 5 times.
- 2 Back Leg Position - With arms in the 45 degree Touchdown start in a lunge position with the kicking leg in front. Do a small dip and practice lifting the back leg knee down driving through the toe. The back leg should be in a "V" shape creating the checkmark look of the jump not kicking foot to the seat.

Drills for Leg Placement:

- 1 Start with arms in Strong T.
- 2 Bring arms straight in front of you parallel to the ground and flip fists up into a Candle Stick position.
- 3 Raise arms to a 45 degree angle.

Teaching Counts:

Counts	
5,6,7,8	Stand in clean-up, chin high, smile
1ST 8-COUNT OF JUMP DRILL	
1	Clasp - under chin, elbows squeeze body
2	Hold
3	Extend / punch, clasp up / raise onto toes - elbows are close to temples
4	Hold
5	Swing straight down to Low Clasp, Athletic Stance position
6	Explode through legs into Front Hurdler lifting upper body and arms to 45 degree angle Touchdown motion.
7	Land and absorb. Clean arms tight to sides.
8	Hold
1	Stand clean

Tips & Tricks



- 1 Focus on arms remaining the 45 degree Touchdown and leg kicking through the arms
- 2 Athletes have a tendency to drop their chests forward. The chest stays completely upright while the leg kicks through the arms.
- 3 Often times athletes will land with the back foot first because they are not snapping their front leg up and down fast enough. Work on a fast twitch muscle snap of the kick leg up and down quickly. Legs should land and absorb at the same time.