

## **12" Hurdles**

12" Plyo-hurdles are an innovative tool in the enhancement of speed, agility and quickness. The hurdles can be used in a variety of exercises designed to develop both quick feet and proper running technique. The 12" hurdle can be used on grass, on a floor cushion, gym floor or any other flat surface. They are great for stride development, lift mechanics, force application, lateral agility, plyometrics, and anaerobic conditioning. Made of bright yellow PVC plastic, Plyo-hurdles emphasize safety for the athlete's workout and are virtually indestructible.

## **7" Hurdles**

7" Plyo-hurdles are designed for athletes who need to keep their feet low to the ground while training for agility and quick lateral motion. They teach proper movement form without any exaggerated motions. The 7" hurdles are ideal for court sports like tennis, basketball and volleyball, as well as the cutting motions of soccer and football.

Lateral speed and agility development cannot come from general conditioning drills. Modern sport science clearly indicates that an athlete must match preparation with performance. If you seek to perform with quick feet and fast direction change, you'll need to prepare that way. The 7" hurdles will prepare you for faster side-stepping, linear bursts out of lateral side stepping, cutting, direction change, and agile footwork.

## **How the Hurdles Work**

Hurdles force the legs to utilize correct running form and adapt to faster stride patterns. The 12" hurdles are best for enforcing the correct biomechanics of linear running. They "teach" in a way words can't. You will learn the important technique of driving the knee up, while keeping the toe close to the opposite knee and the heel close to the hamstring in the recovery phase. Plyo-hurdles also train you to fire the foreleg down in a wheeling (like riding a bike) motion and stay in a "hips tall" running position. 7" hurdles are best for teaching athletes proper lateral movement form, and help athletes adapt to faster patterns of footwork. They will prepare you for all aspects of lateral speed.

The spacing between the hurdles can be varied from drill to drill, as well as athlete to athlete. It is important on linear sprints to set the 12" hurdles at a consistent space. An easy way to do this is to take regular "paces" and make sure the hurdles are in a straight line. Start with 1 pace (approximately 4 feet apart). As you become better, you can widen them to 6 feet, 8 feet and so on. The hurdles should be evenly spaced to emphasize both technique and posture. The hurdles can also be staggered laterally for drills to improve agility and quickness in changing direction. The versatility of the hurdles is limited only by your imagination.