

This DVD is the second in a series commissioned by the Victorian Little Athletics Association Inc (VLAA) to raise the level of basic skills in young athletes in Victoria. The series is for the beginner athlete and parents to attain a competent level of expertise in the featured event.

This DVD on Hurdling explains and demonstrates the model technique and provides some basic drills with which to practice and establish correct hurdle technique. It also includes hurdle specific warm-up and stretching exercises aimed at establishing the required rhythm and flexibility so important to Hurdle athletes.



Hurdles is the second DVD in the Coaching Young Athletes series Produced by Spinrite Pty Ltd in association with Victorian Little Athletics Association Inc. with assistance from KidsKlix.



© 2007 Spinrite Pty Ltd  
14 Leena Court  
Warranwood Vic 3134

## Coaching Young Athletes - Hurdles



# Coaching Young Athletes Hurdles

