

Hurdle Helper User Guide

The Hurdle Helper is an innovative system of soft blocks and sticks that can Velcro together in multiple ways to teach progressions for a variety of skills. From Preschool, to Pre-team, the Hurdle Helper will be every teacher's "go to" for FUN and creative tumbling, vault and beam stations.

BASE MAT- Qty 1

- 3' x 4' and 1-3/8" thick.
- Closed loop carpet on the top and blue
- Non-skid on the bottom.
- 4" wide line down the middle that is part red and part white. These colors can help to teach students about reaching longer or lunging farther.

SOFT BLOCK- Qty 1

- 15" x 10" and is 4" thick
- Velcro on the bottom
- Great for reaching or jumping over.

SOFT FOAM STICKS- Qty 6

- Two sizes (see below)
- Velcro on the bottom and flaps
- Arrange them in different set ups to teach cartwheels, round offs, and hurdling techniques.
- Use the 2 longer, red sticks with Velcro flaps, to create an upright obstacle.



Base Mat



Soft Foam Block



Soft Foam Sticks
(2) 46" segmented pieces



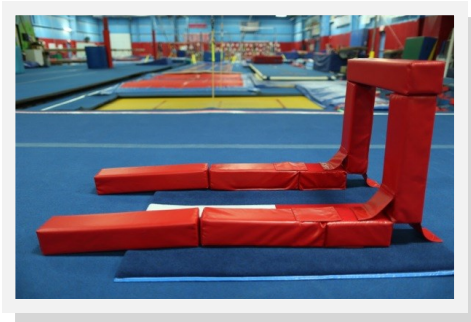
Soft Foam Sticks
(4) 24" long pieces

What's Included:

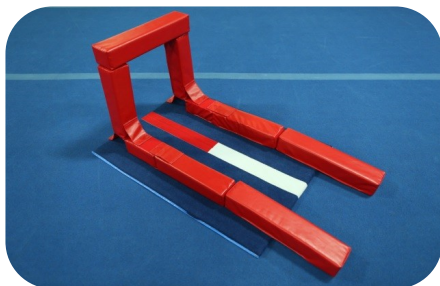
- (1) Base Mat (3' x 4')
- (1) Soft Block- 15" x 10" x 4"
- (2) Soft Foam Sticks 46" long segmented pieces with Velcro flaps
- (4) Soft Foam Sticks- 24" long



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The Hurdle Helper in Use...



SETUP: Use a short piece to make a horizontal bar obstacle.

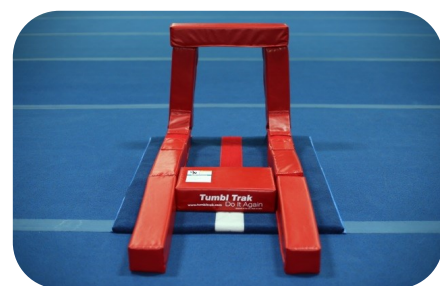
- Jump over the bar for a plyometric exercise
- Round off and rebound off hands in a hollow shape over the obstacle
- Front Handspring over the obstacle
- Round off - back handspring over the obstacle
- Round off back tuck over the obstacle



SETUP: Velcro the longest pieces upright to make a canyon to move through.

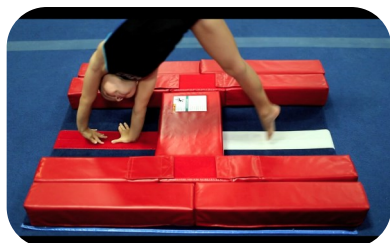
Encourage straight direction in skills as athletes move between the two upright obstacles.

- Rolls
- Handstands
- Cartwheels
- Round offs
- Front Handsprings
- Back Handsprings



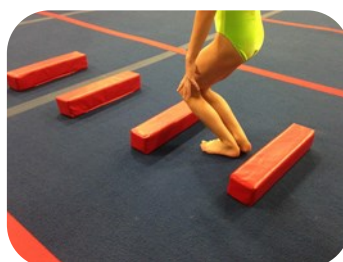
SETUP: Use the rectangle block to reach, step or jump over.

- Step over the block to encourage longer hurdles
- Reach hands over the block to help make skills straighter (handstand, cartwheel, round off)
- Rebound over the block in round off back handsprings
- Jump over the block for a plyometric station



SETUP: Vary the width of the longest pieces to create success in doing skills inside the boundary

- Use this set up for beginner handstands, cartwheels, round offs, etc. The white and red lines are a great visual cue for foot placement in a lunge and for reaching the hands.



SETUP: Use the 4 short pieces horizontally spaced for a plyometric station

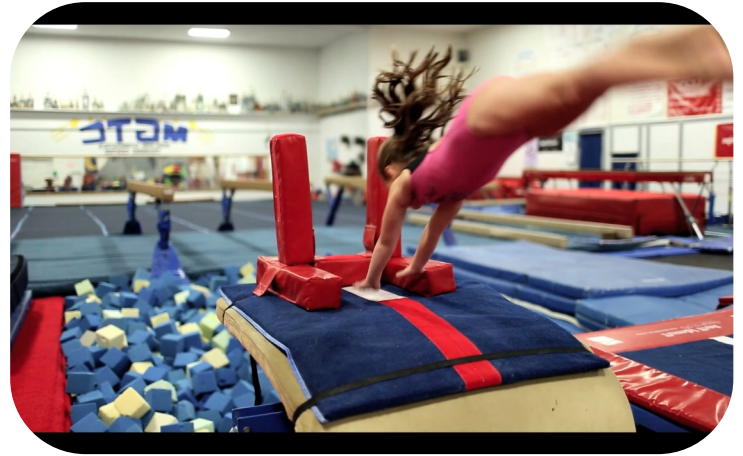
- The short pieces of the Hurdle Helper can be used as a quick, interchangeable plyometric station. Vary the distance of the pieces for a challenge, or to accommodate different level athletes.



SETUP: Use the uprights for balance beam to encourage straight skills

- Use the Hurdle Helper on a line or next to a low balance beam to encourage reach and lengthening skills

The Hurdle Helper in Use...



Set up: Use the Hurdle Helper in various ways for beginner vaults

- Set up pieces of the Hurdle Helper on a mat stack as an obstacle for reaching
- Place pieces of the Hurdle Helper on the floor before the vault board to encourage a longer hurdle

Set up: Use the Hurdle Helper in various ways on a vault table

- Step over the block to encourage longer hurdles
- Reach hands over the block to help make straighter skills such as handstands, cartwheels, round offs, etc.
- Rebound over the block in round off back handsprings
- Jump over the block for a plyometric station



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