

Banana Hurdles

My most used training aide, as well as, the MAIN aide I used for teaching the triple jump.

Materials Needed:

- 1.) PVC Poles - Choose a diameter that will hold up when kids accidentally land on it. As well, I recommend buying in bulk so that you get a cheaper price. I bought mine at Home Depot.**
- 2.) PVC Connectors - 2 “elbows” per banana hurdle and 2 tees per banana hurdle.**
- 3.) PVC cement - Find a can that is made for the specific diameter of pipe that you chose (easier application).**

Materials Needed:

4.) PVC cutters

5.) Tape Measure

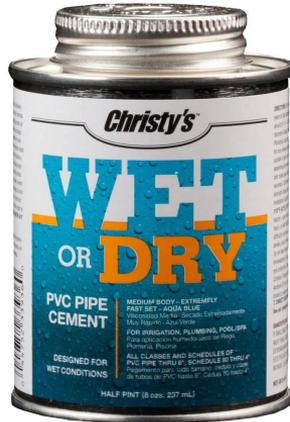
6.) Sharpie

7.) Goggles to keep flecks out of eyes

8.) Mask to keep flecks out of mouth/throat

Materials Needed:

Here are pictures of what I specifically purchased:



Materials Needed:

Here are pictures of what I specifically purchased
(continued):



Materials Needed:

Here are pictures of what I already owned:



Materials Needed:

I don't remember the exact thickness of the PVC pipes I bought but they were roughly \$1.50 a piece.

Make sure to also get "elbows" and "tees" are the same diameter.

Read over all directions first

To make sure that you do this correctly please read over all of the directions/slides before you attempt to complete this project.

Steps

1.) Use the tape measure and the sharpie to start marking out sections that are 18 inches (1.5 feet) long. These will be the top of the banana hurdle.

2.) Cut out these sections and connect an elbow connector to each end. DO NOT USE THE PVC CEMENT TO CONNECT THESE.

3.) Cut out 6 inch sections. These will act as the legs so that the banana hurdles are shorter in nature.

Steps

- 4.) **Connect a 6 inch piece of PVC into each of the two elbow connectors.**
- 5.) **Connect a tee to the bottom of each 6 inch PVC leg (the tee should connect upside down).**
- 6.) **Use the PVC cement to now connect two more 6 inch PVC pieces into the tees (to act as feet).**

Steps

7.) Now measure, mark, and cut out sections that are 12 inches (1 foot), 18 inches (1.5 feet), and 24 inches (2 feet).

When you want to change the height of your banana hurdles you can now simply take out the leg piece and replace it with other varying heights. I do this often when training my athletes in the triple jump.

General

Traditionally banana hurdles are extremely difficult to store.

If you follow the directions given here in this presentation the legs part can simply rotate inward so that the feet are parallel with the top of the hurdle. Storing it becomes extremely easy!

General

I bought a mobile job box to store and transport my hurdles and it works GREAT!

I bought it from Home Depot (\$60). Here is what it looks like:



Final Product:

