

SPECIALISED GENERAL DEVELOPMENT EXERCISES FROM THE BASIC GYMNASTICS IN THE PREPARATORY PART OF ATHLETES (HOP, STEP AND JUMP)

(Professional paper)

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Abstract

The presented work reveals the applications of sport equipment from the gymnastic arsenal – trampoline and acrobatic path in help of the primary study of the steps in the hop, step and jump from the track and field events. Special attention is paid in landing in plastic foam pit as prevention from articulation-muscle injuries as well as the different types of jumps and vaults with and without help apparatuses. The accent is put on the right and safe study of jump (left-right leg), vault (left-left leg) and combination between them. The use of trampoline and of acrobatic path slows down the load of the bone-joint and muscle system. The exercises are arranged by hard to execute and in relevance with the basic didactic principles. The exercises are graded according to hardness and in conformity with the basic didactic principles.

Keywords: *gymnastics equipment, initial training, preparatory exercises, exercises with jumps, tumble exercises, trampoline*

The general development exercises from the basic gymnastics are suitable for the preparatory part (warming) in most of the sports disciplines (Павлов, (1985), from the calendar of the International Olympic Committee, including track and field events.

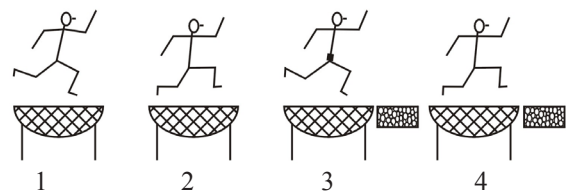
In this material we will propose a complex of general development exercises for the preparatory part of athletes in the discipline "hop, step and jump", which can be used for performance in hall as well as on terrain (Аладжов, 2012; Kaczynski, 1985).

The hop, step and jump is a very difficult discipline, requiring constantly rhythm between the different parts of the performance and with trauma and breaking of ligaments and muscles, which makes very significant the good warming in the preparatory part (Аладжов, 2001b; Stoynew, Radoew, 1991).

The complex is in accordance with the basic didactic principles (Атанасов, Люлюшев, Колев, Чавдарова, & Долапчиев, 1993; (Stoynew, 1991a) and can be performed in the education-training activities of the track and field clubs.

I. Exercises on trampoline

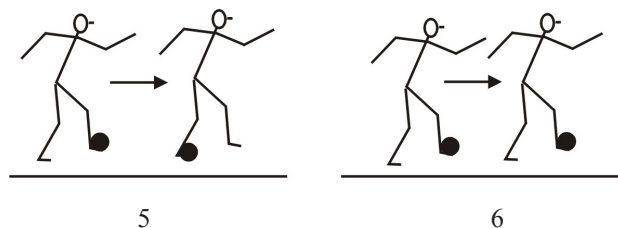
1. Modeling of jump (left-right leg)
2. Modeling of jump (left-left leg)
3. Modeling of jump (left-left leg and jump, left-left leg) with loading 0.5-1.5 kg belt applied at the waist with consequent jump in pit with plastic foam
4. Modeling of jump (left-left leg) and jump (left-



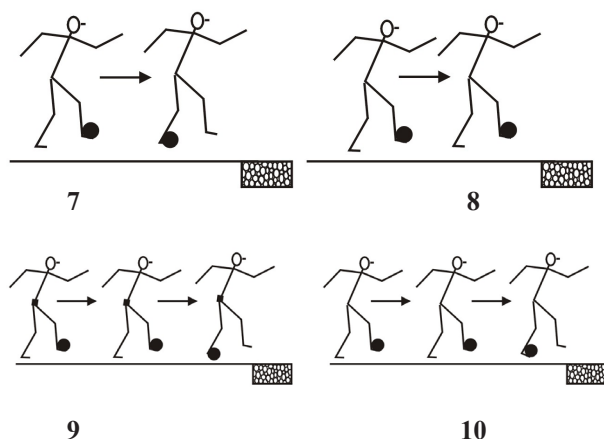
right leg) in pit with plastic foam for result.

II. Exercises on acrobatic path

The exercises on acrobatic path as well as those with landing from the path in pit with plastic foam and pit with sand are identical with exercises on trampoline, i.e. 5=1, 6=2, 7=3, 8=4, 9=3, 10=4



In the proposed preparatory exercises with gymnastic character we are in conformity with the basic didactic principle – from the more easy – trampoline and pit with plastic foam to the more difficult – acrobatic path. On the primary stage of the study of the steps it is good not to perform them directly on the run but on



the presented relieved conditions in the aim saving the health. The meeting with unknown gymnastic sports equipment leads to increase of the emotional background of the participants which is one of the factors for high results.

After the use of this complex introducing general development exercises from the basic gymnastics is passed to specialized exercises for jumping with gymnastic character.

1. Jumps from the spot - they are related to the warming up of the participants as well as to the acquirement of some elements of the technique (jump, flying, landing etc.). Except this the serial performance of these exercises is in bigger volume influences the dynamic force of the lower limbs, agility and coordination (Хаджиев, 1979); Stoynew & Radoew, 1991a). The jumps from the spot find application in all levels of preparation of sportsmen in all age groups. Some of these exercises are used as test normatives, characterizing the eruption force of the sportsmen (long jump from the spot Радоев, 2009, triple jump, fivefold, tenfold jump etc.) jump

2. Jumps with helping apparatuses – ropes, medical balls, gymnastic benches, track and field events obstacles and from the beam (Шлемин, (1979) and others – they performed on the spot and in movement. For example the jumps with rope except on the spot, can be performed in movement. The jumps with medical balls except on the spot can be performed in movement, arranging the balls in a roll on distance depending on the preparation and the qualification of the participants.

3. Jumps on steps – on one of the two legs. These jumps are wonderful means for the development of jumps on all levels from the articulation apparatuses, also to forming agility, coordination, feeling for rhythm etc.

4. Jumps for reaching highly placed object – these jumps can be performed from the spot and by acceleration aiming to acquire the right rhythm of the last steps before jumping. The hanged object (usually a ball) can be attacked by head, hand or leg (Аладжов, 2001a). We recommend the acceleration to be done from 3 or 5 run.

5. Jumps in difficult situations. These are the jumps on sand, snow, shallow waters, against decline and against wind. The jumps in difficult situations can be performed in different combinations on one leg, on two legs or I combination etc. Their place is in the preparatory period.

6. Jumps with weights. Usually are used the traditional weights or simulation apparatuses. With the weights the jumps can be on the spot and in movement and they have different character and direction. For example – on the spot on two legs and in movement, from the ankles to semi-squat, jumps with scissors change of legs (in front-back plane and side plane), with change of the legs in attack, with change of the legs when one of them is higher etc. The jumps with weights are used during the whole year but with good preparatory work. In the before and the competition period they must be used more intensively performing a number of movements for certain period of time.

7. Jumps performed on different heights – high jumps, low jumps in a roll. These jumps are performed initially on two legs, but later on one leg and they require considerable force and this is the reason why the approach to them careful, after good warming and solid preparation. The difference in the height must be according to the individual abilities of the sportsmen. The place of these exercises is during the whole year. They are very effective in regards the impact of the eruption force of the legs.

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