

1. Floor: scissors leap, split leap, split leap with 180 degrees turn

1. 1. Specify the kinematic parameters that determine the trajectory along which the centre of gravity moves in the flight phase:

a) _____

b) _____

2. What should be developed within the physical preparation in terms of flexibility for the mentioned jumps?

3. What should be developed within the physical preparation in terms of strength abilities for the mentioned jumps?

4. Around what axis does the gymnast rotate during the split leap with 180 degrees turn?

sagittal

vertical

transversal

5. Can you jump up 10 stairs on one and the other leg? Hands on your hips.

yes

no

6. List at least 3 of the most common errors in the given jumps.

7. How can we mechanically reduce the impact force during the landing, thus "softening" the impact?

8. Thus, based on the impulse of force, the impact force decreases with:

decreasing _____

decreasing _____

increasing _____