

15. Vault: straddle over, squat through

1. Squat through and straddle over are elements

rotational non-rotational

2. Into what 6 basic phases can we divide these vaults? (seven? Run, jumbo on board, také off, flight, support, flight, landing?)

1. _____ 2. _____ 3. _____

4. _____ 5. _____ 6. _____

3. Over what apparatus can we jump the squat through and the straddle over? List all the ones you know.

4. How can we develop the abilities for a dynamic bounce off the springboard? Suggest at least 3 exercises:

5. Why is it important to have strengthened brachial plexus muscles for the straddle over and squat through?

6. How can we strengthen the brachial plexus muscles?

7. What form of mechanical energy is used when bouncing off the springboard?

8. What is the difference between squat through and straddle over spotting?
