

ABSTRACT

Title:

Training jumps difficulty in sport aerobics.

Objectives:

Jumps difficulty in aerobic sports athletes seems to be most problematic part of the performance for large demands on the technical implementation. Aim of this study will therefore analyze the technical and didactic jumps difficulty developing a methodology and training. The work can use coaches and athletes, as a methodological material to correct the errors in the current design practice new jumps and difficulty.

Methods:

After studying literature, focusing on sports and gymnastic training, I used the specific chapters related to the technique performed jumps in sport aerobics. Video analysis, I analyzed the reports selected category of racing sports aerobics usually classified in terms of difficulty of the jumps.

Results:

Analysis of the technical difficulty of execution jumps according to the rules of sports aerobics, I proposed a number of methodological training jumps selected difficulty. Finally, I have said frequently occurring errors in the implementation of selected jumps. The work could help improve the technical aspects of performance sport aerobics athletes to achieve better performance.

Keywords:

Sport aerobic, fitness aerobic, aerobic team show, jumps, jump training, elements of difficulty, sports performance, sports training.