

## **Abstract**

**Title:** Methodology of training trampoline jumps

**Objectives:** The aim of the thesis is to create a methodical support for practicing basic jumps on the trampoline on the basis of controlled interviews with leading Czech experts.

**Methods:** To meet the set goal, we used controlled interviews with selected trainer jumps on the trampoline. The results were confronted with professional literature. The methodical material created was written and written in HD quality. The selection of the respondents as well as the probands who participated in the creation of the visual documentation was deliberate.

**Results:** The outputs include the results of the interviews and the text and image part of the methodology. The result of the video is a 15 - minute video that captures individual elements, from simpler ones, such as direct jumps to more challenging ones, such as salt and screw rotation. The video contains examples of correct execution and demonstrations of direct help.

**Keywords:** trampoline, methodology, training, jumps, elements