

14. Vault: pre-elements

1. Jump pre-elements are important for training in which gymnastic disciplines?

2. Write at least 5 different exercises for the development of explosive strength of the lower limbs.

3. Which type of mechanical energy do we benefit from when using a springboard or trampoline?

4. Choose the correct answer:

- a) in front of the springboard, we perform a two-foot take-off, from the springboard a two-foot take-off
- b) in front of the springboard, we perform a two-foot take-off, from the springboard a single-leg take-off
- c) in front of the springboard, we perform a single-leg take-off, from the springboard a two-foot take-off
- d) in front of the springboard, we perform a single-leg take-off, from the springboard a single-leg take-off

5. Try and underline the ways you can jump rope:

regular jump rope bounce; single leg (right) jump rope bounce, single leg (left) jump rope bounce; regular bounce backwards with feet together; criss cross; double unders.

If you can do double unders, try how many you can do in one row: _____