

METHODS AND MEANS OF PREPARATION FOR DEVELOPMENT IN DIFFERENT FORMS IN TRIPLE JUMP

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Abstract: *Increased performance of triple jump has led to increasing performance and viewing images of people "flying" a triple jumping based on work by experts from different fields, which by their studies and research have helped the coaches and athletes to achieve performance results very valuable today.*

Key words: *triple jump, methods and means of preparation, performance results.*

1. Introduction

Triple jump is a chain of jumps (jump, step, jump) preceded by a rapid momentum that is transferred energetic body, reaching a maximum horizontal through two factors: „speed and responsiveness, but also many sources of literature references that refer to the triple test technique, speed is one of the most important factors that makes jumping the length of a sample point is confirmed by many authors in the literature” [1], [3], [4].

2. Research hypothesis

In carrying out this work have left the following hypothesis:

Knowledge of specific information relating to proof of technical and methodical development triplusalt driving

skills necessary athletes of triple jump result;

„Knowledge of a rich variety of exercises to develop speed ability to offer graduate specialization athletics multiple possibilities for the preparation of triple jumper” [2].

3. Work tasks

For the present study may be one useful for final results to be useful to all who are concerned about athletics and especially triple test, we observe that certain tasks. These are:

Achieving a proper scientific documentation and triple current issues;

Trying to make a presentation, at least generally, the key issues related to the triple test technique, speed, heavily involved in the psycho-motor skill

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manifestation of this test, speed manifestations, which are involved in a lesser extent higher or lower in certain stages of development triple sample, the means and methods that lead to the development of speed and its forms of manifestation involved in the new sample, etc.

- Attempt to synthesize different views on training on development speed in its different forms, training adapted to the triple test;
- Processing, systematization and analysis collected material; - Drawing conclusions.

4. Stages of research

- The first step consisted in several discussions with various staff specialist (physical education teachers, coaches, sports performance practitioners triple jump of the sample), about the role has factor in preparing a speed triple jump athletes;
- Second stage consisted of searching and study of bibliographic sources of literature, both local and foreign, some magazines, etc..;
- Third phase was to collect summary information about this topic (achievement bibliographic records), in discussions with the coordinator of this work and data processing;

5. Research methods used

- Documentation - or the study of literature;
- Observation;
- Method call;
- Data entry method;
- Graphic method;

5.1. Methods and means used to develop test speed used in triple jump

Teaching principles, exercises to strengthen triple execution at the beginning of training helps to improve speed-strength qualities, working amid one of rest. Same exercises used at the end of training (after making a considerable amount of exercise) develop special strength.

Using methods of development of the various manifestations triple the speed required must be made to combine them in the most effective exercises for developing detention under the speed force development, general labor.

5.2. Groups of exercises using in research

Exercises to develop speed are several ways and can be grouped into several categories, general or specific influence they have on stakeholders skills to be developed.

Thus we have the following groups of exercises:

- Exercises that focus on sprints performed at different distances, with sub maximal intensity, maximum and supramaxim;
- Exercises that focus more on jumps performed on different soils with different inclinations, plyometric jumps, all executed with rapidity;
- Exercises that focus more on the implementation of the three triple separation of sample;
- Difficulty different exercises, but all executed with speed, number of repetitions vary according to age, level of education and the state of rest of the subjects;

- Combined exercise (jogging, jumping, ex. With îngruieri - running, jumping - îngruieri) to develop specific resistance triple jump;
 - Successive separation on each leg, made contretemps interested to develop speed triple test, performed no. repetitions than to develop under detention and force, etc..
- We present the means used by athletes in High School Sports, Petrache Trișcu, in Craiova, can be seen in Table 1

The means used by athletes in High School Sports

Table no 1

Day	Preparation Phase	Pre-competition phase	Competition phase
Monday	Core Stability work 3 x 30m sprint drills Triple Jump drills 3 x 300m Weight training.	Core Stability work 3 x 30m sprint drills Triple Jump drills 2 x 300m Complex Training	Core Stability work 3 x 30m sprint drills Triple Jump drills 2 x 200m -100% effort
Tuesday	Core Stability work 3 x 30m sprint drills 3 x 3 x (100m, 50m, 100m) tempo runs	Core Stability work 3 x 30m sprint drills Triple Jump drills 8 x 100m - 90% effort	Core Stability work 3 x 30m sprint drills Triple Jump drills Complex Training
Wednesday	Rest	Rest	Rest
Thursday	Core Stability work 3 x 30m sprint drills Triple Jump drills 6 x 50m Weight training	Core Stability work 3 x 30m sprint drills Triple Jump drills Complex Training	Core Stability work 3 x 30m sprint drills Triple Jump drills 3 x 150m -100% effort Complex Training
Friday	Core Stability work 3 x 30m sprint drills Triple Jump drills 6 x 200m	Core Stability work 3 x 30m sprint drills Triple Jump drills 3 x 200m	Rest
Saturday	Core Stability work 10 x 150m Weight training	Core Stability work 5 x 150m -100% effort Complex Training	Competition
Sunday	Rest	Rest	Rest

6. Conclusions

Ratio of means and methods used to speed development of its forms and manifestations of interest is determined by training athletes, but also periods of training in the training cycle.

Analyzing the various opinions on art triple jump authors and the role of speed and explosive force of this evidence, we concluded that once the development speed in all forms and manifestations must be force in the development speed (explosive force), because this skill is

combined direct effects on the three beatings encountered in triple jump.

Main methods used to develop speed and its forms of manifestation are repetitious global method and split method relax and gaming method competition, method competition with disabilities", the submaxim, maximum and extramaxim time in repetitions.

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