

Fundamentals of methodical initiation into basic technical content of ski jumping

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Abstract

Ski jumping techniques is the best biomechanical solution, reflected by the amount of actions which lead to an optimal expression of motor behaviour, economic and efficient, in order to obtain stable and high performances. The initiation to basic techniques is applied through specific exercises, with regard to jumping phases (elevation speed, detachment, flight, landing), and the need for the formation of complex senses which are crucial to improving the quality of slipping on snow and to obtain appropriate supporting flight range. The technical training system that we propose is part of the methodical line adopted by the Romanian ski jumping school, which is in the development stage.

Keywords: ski jumping, technique, methodical line, exercises, training recommendations.