METHODICAL ASPECTS REGARDING TRAINING FOR JUMPS′ TESTS AT ADVANCED LEVEL AT "LPS - CSŞ SUCEAVA" CLUB

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Abstract: The paper aims at a detailed study of the layout of the main means used by the coaches in the advanced level groups. The study was conducted during one year of training starting in September 2017, the month in which we tested the initial level of athletes through a set of evidence. This is how we set our starting point in the 2017-2018 competition year. After a period of two and a half months of training in the stadium (outdoors) in mid-November, the training began to take place in Areni Hall. In January 2018 we gave in-progress tests to observe the level of preparedness ahead of the room competitions. In May tests and control rules aimed at observing the level of preparedness for summer competitions. In the paper we included for the study a number of six subjects, 3 girls and 3 boys, athletes at LPS - C.S. Suceava. Based on the training methods and tools used in the annual training plan, it has been noticed that they have driven the athletes from this research program to a maximum sporting form during the competitive period. Thus, the use of the proposed methods and means as well as the development of strength and detention to elevated indexes favored the development of technical training in optimal conditions, contributing to the shortening of the time involved in the improvement of the technique.

Introduction: The means and methods used in the training are of particular importance as one of the most important points ahead of the achievement. The paper aims at a detailed study on the scheduling of the main means used by the coaches in the advanced levels of junior groups. Of course, in this paper I will also address the driving qualities that are dominant in this type of effort. Propose and highlight some updated training methods. If the correct means of training are properly scaled, it is possible to reach the maximum sporting form during the competition period. Means used in this work prove to be effective in training and performance in athletes of advanced groups.

Material-method: We chose the advanced level group because it is the transition from the beginner to the level of performance, a stage marked by the specialization of the athletes on the samples. If 13 to 14 years of training is multilateral, from the age of 15 to 16, start the specialized training on the background of multilateral performance-oriented training. The study was conducted during one year of training starting in September 2017, the month in which we tested the initial level of athletes through a set of evidence. This is how we set our starting point in the competitive year 2017-2018. After a period of two and a half months of training on stadium (outdoors) in mid-November, training began to take place in Areni Hall. In January 2018 we gave in-progress tests to observe the level of preparedness ahead of the room competitions. In May tests and control rules aimed at observing the level of preparedness for summer competitions. In the paper we included for the study a number of six subjects, 3 girls and 3 boys, athletes at LPS - C.S. Suceava. If at the beginner level the number of means is very high, in advanced where the specialization on the evidence already started, in terms of staggering the means of training, in line with the F.R.A. model, we proposed the following general indicators and specific indicators of the training:

Nr. crt.	**General indicators**	**Performance**
1.	Training days	200 (+20)
2.	workouts	240-270
3.	Hours of training	720
4.	Weekly cycles	40

Specific indicators Technical training	**Performance**
1. Low-pitched 3-5-7 steps;	360-460
2. Sequencing after a medium pitch of 9-11 steps	275-355
3. Run with full thrust, followed by detachment (swing on the threshold), 5x;	200-230
4. Small jump 3-5-7 steps;	410-520

5. Medium jump 9-11 steps;	150-190
6. Full-pitch jump;	260-340
7. Low jump, 10 repetitions;	385-500
8. Running the contest, 10 repetitions;	
9. Medium jump, 15 repetitions;	750-800
10. Detachment in high stakes jumping with the joy of the contest;	350-400
11. Running on the racetrack with the marking of the detachment. Each moment is timed.	600-650
12. Jumping in the contest;	400-450
13. Detachment in a stepped pass with the passage of an anchor leg across the obstacle, 8-10 runs, 10 repetitions;	350-400
14. Idem with difficulty, 5 repetitions;	500-520
15. Step-by-step jumping with the passage of an anchor foot over the obstacle, 8-10 runs, 10 repetitions;	750-800
16. I am with difficulty, 5 repetitions;	325-375
17. Jumping on leg and flying over obstacle, 15 repetitions;	750-800
18. Raise to the bench on one leg, 3 dr. / 3 stg. – 10 repetitions;	325-375
19. Semi-focussing with vigorous lifting on the tip of the feet, 6 x - 10 repetitions;	600-650
20. Hanging: lifting the legs at the point of support with stops at the descent and with holding, 4 x until refusal;	200-250
21. Easy run along obstacles, over and under obstacles	80-85

alternating with walking and collecting objects and transporting them 1000 meters;	
22. Detachment in a step-by-step, with the passage of an anchor leg across the obstacle with 10-12 pitch, 15 repetitions;	100-150
23. I stepped out jumping, 15 repetitions;	1200-1250
24. Long jump on the support and flying over the obstacle with medium pitch, 15 repetitions;	1200-1250
25. Detachment in a step-by-step run, 2-3 repetitions;	1200-1250
26. Jumping in length with the contest, 12-15 repetitions;	240-260
27. Step-by-step kick-off with 5-8 repetitions;	600-650
28. Triple squad with little impulse, 10 repetitions;	600-640
29. Vertical jump genoflex, 5 x - 10 reps;	750-800
30. Raise to the bench on the beating leg, 6 x - 10 repetitions;	1000-1050
31. I stand on the anchor leg, 2 x - 10 repeats;	1200-1250
32. Vertical jump semi-vertical, 5 x - 10 repetitions;	800-850
33. Hung: lifting of the legs at the support point, lowering by keeping them stretched horizontally, 6 x;	1000-1050
34. Jumps on both legs and upwards 5x 30 repetitions;	240-250
35. Pentasalt on one leg and the other, 3 x - 10 repetitions;	2400-2450
36. One leg jump, 5 + 5x30m;	1200-1250

37. Ground acrobatic gymnastics: running, rollover back and forth, leaps and turns: 7x -10 repetitions each;	80-85
38. Goat and gymnastics jump in various ways, 8x;	320-350
39. Disposal of the medical balls in various ways, 3x - 20/30 repetitions;	240-260
40. Discs of 20kg, 4x -10 reps.	380-400

Results and discussions*:* We used the following set of samples and control rules:

- 30m jogging (30mp aSP) - timed on movement. Athletes used nailed shoes. This sample was given to check the reaction and displacement velocity;
- 50m jogging (50mp aSP) - idem I
- Leap-free jump (Lgfe) - the venue was in the Areni athletics hall for the January test and the Areni stadium for the September and May tests. Two attempts were made, taking into account the best jump. The purpose was to verify the detention.
- Vertical jump - Through this test, we sought to know the ability of athletes in force. The athlete is located with a shoulder perpendicular to a wall. He will execute a vertical jump and touch the wall at the highest point of the jump. Two attempts are made, taking into account the best;
- Triplusalt on the spot (tr.dpl). - Through this test I tracked the force of the beating and the landing technique
- 20 steps jumped (20Ps) - the test was carried out on flat ground to check the force of force;
- Abdomen - dorsal, knees bent, toe-ridged feet, neck-arms. At the signal, the trunk rises to the sitting position, returning immediately to the PI. There were executions for 30 seconds. The force of the abdominal wall muscle was followed;
- 300m flat - ran on flat ground, assessing the strength of the body.

Based on the control rules and samples, for each sample we calculated - using the arithmetic mean - the differences between the initial, intermediate and final values, this materializing the level of progress.

Name	Testing	Control samples							
		30mp SP	50mp SP	Lgfe	detentă	TRSfe	20PS	ABD	300mp
L.I.	Iniţial	4,55	7,47	1,84	52	6,48	41,50	25	55,67
	Interm.	4,36	7,40	1,98	56	6,61	43,94	26	52,78
	Final	4,24	7,23	2,10	60	6,87	45,21	27	51,80
M.A.		4,38	7,36	1,97	56	6,65	43,55	26	53,41
Diff. Vi – Vint.		0,19	0,7	-0,14	-4	-0,13	-2,44	-1	2,89
Diff. Vint. – Vf		0,12	0,17	-0,12	-4	-0,16	-1,27	-1	0,98
Diff. Vf – M.A.		-0,14	-0,13	0,13	4	0,22	1,66	1	-1,61

Name	Testing	Control samples							
		30mp SP	50mp SP	Lgfe	detentă	TRSfe	20PS	ABD	300mp
A.I.	Iniţial	4,83	7,12	1,95	56	6,56	46,71	25	56,40
	Interm.	4,64	6,95	2,04	60	6,70	48,65	27	53,01
	Final	4,48	6,82	2,20	65	7,03	51,61	34	50,50
M.A.		4,65	6,96	2,06	60	6,76	48,99	28	53,30
Diff. Vi – Vint.		0,19	0,17	-0,9	-4	-0,16	-1,94	-2	3,39
Diff. Vint. – Vf		0,16	0,13	-0,16	-5	-0,33	-2,96	-7	2,51
Diff. Vf – M.A.		-0,17	-0,14	0,14	5	0,27	2,62	6	-2,80

Name	Testing	Control samples							
		30mp SP	50mp SP	Lgfe	detentă	TRSfe	20PS	ABD	300 mp
C.I.	Iniţial	4,45	7,03	1,97	53	6,78	43,23	27	53,10
	Interm	4,27	6,80	2,11	59	6,98	45,90	29	51,36
	Final	4,13	6,76	2,25	64	7,15	47,30	31	50,81
M.A.		4,28	6,86	2,11	59	6,97	45,47	29	51,75
Diff. Vi – Vint.		0,18	0,23	-0,14	-6	-0,20	-2,67	-2	1,74

Diff. Vint. – Vf	0,14	0,04	-0,14	-5	-0,17	-1,40	-2	0,55
Diff. Vf – M.A.	-0,17	-0,10	0,14	5	0,18	1,83	2	-0,94

Name	Testing	Control samples							
		30mp SP	50mp SP	Lgfe	detentă	TRSfe	20PS	ABD	300 mp
C.A.	Iniţial	4,01	6,17	2,53	63	7,50	48,70	24	41,20
	Interm	4,00	6,10	2,61	64	7,73	51,20	26	39,60
	Final	3,92	6,02	2,70	68	8,00	51,80	27	38,90
M.A.		3,97	6,09	2,61	65	7,74	50,56	26	39,90
Diff. Vi – Vint.		0,01	0,07	-0,08	-1	-0,23	-2,5	-2	1,6
Diff. Vint. – Vf		0,08	0,08	-0,09	-4	-0,27	-0,6	-1	0,8
Diff. Vf – M.A.		-0,05	-0,07	0,09	3	0,26	1,24	1	-1,00

Name	Testing	Control samples							
		30mp SP	50mp SP	Lgfe	detentă	TRSfe	20PS	ABD	300mp
A.A.	Iniţial	3,92	5,90	2,49	65	8,12	52,58	26	39,98
	Interm	3,78	5,84	2,67	68	8,49	53,24	28	39,03
	Final	3,68	5,74	2,80	74	9,00	54,03	29	37,90
M.A.		3,79	5,82	2,65	69	8,53	53,28	28	38,97
Diff. Vi – Vint.		0,14	0,06	-0,18	-3	-0,37	-0,66	-2	0,95
Diff. Vint. – Vf		0,10	0,10	-0,13	-6	-0,51	-0,79	-1	1,13
Diff. Vf – M.A.		-0,11	-0,08	0,15	5	0,47	0,75	1	-1,07

Conclusions: Based on the training methods and tools used in the annual training plan, it has been noticed that they have driven the athletes from this research program to a maximum sporting form during the competitive period. Thus, the use of the proposed methods and means as well as the development of strength and detention to elevated indexes favored the development of technical training in optimal conditions, contributing to the shortening of the time involved in the improvement of the technique.

For: **L.I.** - Significant progress was observed in the flash samples, and in the anaerobic lactate working;

A.I. - progress has been observed regarding anaerobic alactacid work, has greatly improved the strength of the force, allowing for a better separation and, implicitly, a higher flight. We can also say that there has been no significant progress in lactation;

C.I. – given that the initial training level of this sport was quite low, we can say that it has made significant progress in all the tests, reaching a considerable level of physical training;

S.V. – taking into account that this athlete is one of the youngest athletes in the group, his progress is significant. The most important occurring in the anaerobic efforts, both alactacid and lactacid;

C.A. – the most important advances they have made in anaerobic efforts, both alactacid and lactate;

A.A. – has made significant progress in all 8 samples, this athlete already approaching the performance level. He has made significant progress in strength tests, with the ability to refine his technique for a better jump.

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ASPECTE METODICE PRIVIND PREGĂTIREA PENTRU PROBELE DE SĂRITURI NIVEL AVANSAŢI LA CLUBUL LPS – CSȘ SUCEAVA

Keywords: metode, antrenament, sărituri, avansaţi, macrociclu

Abstract: Lucrarea îşi propune ca scop un studiu amănunţit privind eşalonarea principalelor mijloace folosite de antrenori la grupele de săritori nivel avansaţi. Studiul s-a desfăşurat în cursul unui an de pregătire începând din luna septembrie 2017, lună în care am testat nivelul iniţial al sportivilor printr-un set de probe. Astfel am stabilit punctul de plecare în anul competiţional 2017- 2018. După o perioadă de două lună şi jumătate de antrenamente pe stadion (în aer liber) la jumătatea lunii noiembrie antrenamentele au început să se desfăşoare în sala de atletism Areni. În luna ianuarie 2018 am dat testări intermediare pentru a observa nivelul de pregătire la care s-a ajuns înaintea concursurilor de sală. În luna mai probele şi normele de control au avut ca scop observarea nivelului de pregătire la care s-a ajuns în vederea concursurilor de vară. În lucrare am cuprins pentru studiu un număr de şase subiecţi, 3 fete şi 3 băieţi, atleţi la LPS – C.S.Ş Suceava. Pe baza metodelor şi mijloacelor de antrenament folosite în planul anual de pregătire, s-a observat că acestea au dus sportivii din acest program de cercetare la o formă sportivă maximă în perioada competiţională. Astfel, utilizarea metodelor şi mijloacelor propuse cât şi dezvoltarea forţei şi detentei la indici ridicaţi a favorizat desfăşurarea antrenamentului de tehnică în condiţii optime, contribuind la scurtarea timpului afectat perfecţionării tehnicii.