

RUNNING HIGH JUMP TECHNIQUE YUGURIB KELIB BALANDLIKKA SAKRASHLAR TEXNIKASI

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Abstract

The document discusses various techniques for jumping in athletics, focusing on methods like the "Wave Technique," "Rolling Over Technique" (Perekat), and "Perekidnoy Technique." Each technique is analyzed based on the phases of the jump, such as the run-up, take-off, bar clearance, and landing. Special emphasis is placed on the technical requirements and coordination skills needed to execute these jumps effectively. The document also highlights the physical and technical training necessary to ensure proper execution and safe landings.

Keywords: High Jump, Wave Technique, Rolling Over Technique, Perekidnoy Technique, Athletics, Jumping Coordination, Technique Training, Sports Performance.

Jumping to Height with a Run-Up

Jumping to height with a run-up is a complex coordination exercise that places high demands on athletes' physical abilities. This jump can be conditionally divided into four main structural phases:

The run-up;

The take-off (push-off);

Clearing the bar;

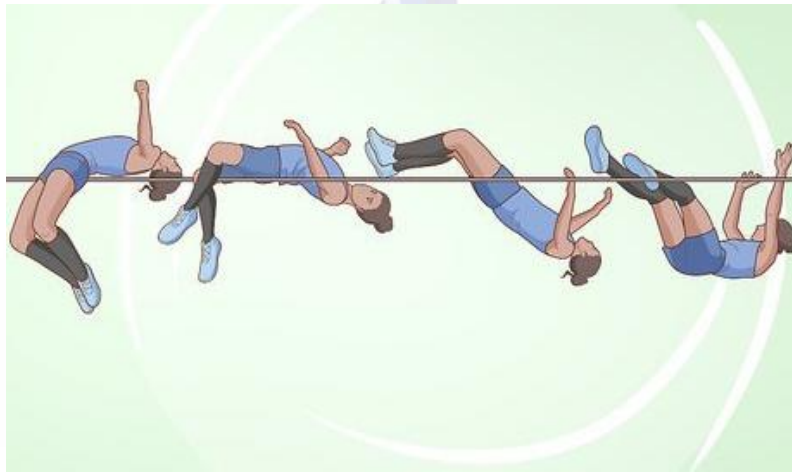
Landing.

The "Wave" Technique

In this technique, the run-up is performed along a straight line at an angle of 60°-70° or perpendicular to the bar. The take-off is executed 130-150 cm away from the bar: the larger the approach angle, the farther the take-off point. The swing (swinging motion) is performed with a nearly straight leg, in a free and wide manner. After the take-off, when the swinging leg is lifted onto the plank, the torso leans slightly forward in the direction of the run-up, while the take-off leg turns slightly toward the swinging leg. The take-off leg is bent slightly at the knee joint.

When the swinging leg reaches the bar, the hip joint of the swinging leg crosses the bar's projection. The swinging leg quickly rotates inward and goes behind the bar. The torso turns toward the bar, and the swinging leg moves completely inward and is lifted as high as possible above the bar. The shoulders, along with the head, are tilted downward in the direction of the run-up. The swinging leg and torso create a curve ("wave") at the highest point over the bar. The arms drop down or open to the sides. Continuing the arched motion, the swinging leg

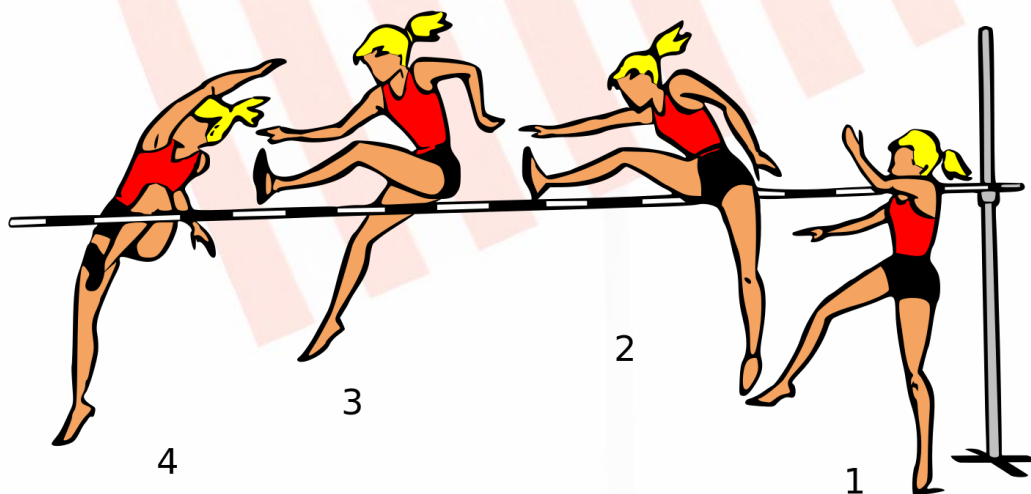
descends, and the jumper's entire body turns toward the bar, with the head and shoulders extending backward. The swinging leg bends at the knee and is brought backward.



Roll jump

In this technique, the run-up is performed at an angle of 30-45° relative to the bar. The take-off is executed with the leg closest to the bar. The swing is performed with the straight leg, which may bend slightly at the knee joint. After the take-off, when the swinging leg is raised over the bar, the jumper bends their take-off leg at the hip and knee joints, pulling it toward the swinging leg. The torso tilts backward along the bar. During the flight phase, the jumper's chest faces the bar, and as their body rises above the bar, the side of the take-off leg passes over it. The arms move upward simultaneously with the swing of the leg and are then lowered to assist the torso in tilting downward during the clearance of the bar.

In the "Perekat" (rolling over) technique, to achieve better clearance over the bar, the swinging leg and the body begin to descend to the opposite side of the bar while rolling sideways.



Flip jump

Yugurib kelib 25-35° burchak ostida chovga bajariladi. Sakrash oyoq bilan tayoqqa yaqin kelganda bajariladi. Sakrab o'tish qoidasi.



The jump is performed at an angle of 25-35° to the bar. The take-off is executed with the leg close to the bar when approaching the bar. The technique resembles stepping over. To perform the exercise, the right leg is extended and relaxed. The initial position is repeated during the jump. The arm is slightly bent at the elbow and lifted along with the swinging leg. The shoulders and torso tilt slightly backward, and the chest takes a diagonal position relative to the bar. The pushing leg's knee and hip muscles bend outward, and the heel moves closer to the swinging leg. The athlete clears the bar with their chest and shoulders. The movement of the swinging leg creates a rotational motion around the bar with the pushing leg.

After jumping over the bar, the athlete lowers the swinging arm and shoulder while moving the opposite arm and shoulder sideways or backward. At the same time, the pushing leg's knee and the swinging leg are slightly lowered below the bar. Landing is executed using the swinging leg and arm or the pushing part of the body. Strong rotational movements can also result in landing on the back.

For the above-mentioned types of jumps, landing is typically performed in a sandy pit with a height of 70 cm. Athletes must learn proper jumping techniques during their practice.

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