

MOSCOW STATE SECONDARY SCHOOL

№1998 “Lukomorye”

A research project on the topic:

**Improving the training process to prepare
Russian skateboarders for international competitions.**

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1. Summary

While doing active sports and skateboarding in particular, I noticed that nowadays Russian skateboarders do not follow the international standards. I presumed if it is possible to improve the level of our athletes, and what should be done to raise their effectiveness. I tried to explore ways to improve the training process of Russian skateboarders. I studied a lot of materials including the training process of foreign skateboarding Champions, as well as the training practice of our athletes, the rules and disciplines of competitions, and much more.

Development of this sport in Russia will benefit from the program that I managed to develop, and will lead to better results at international competitions. I sincerely hope that this program will be used by the leading skateboarders of our country, since through e-mailing I requested to include this program in the official training program of the Russian national skateboarding team on the website <http://fedskate.ru/>.

2. Introduction

2.1 Relevance

I think this project is quite relevant, for in 2020 international skateboarding competitions will be held at the Tokyo Olympics for the first time. Most likely, our athletes will not be able to challenge foreign competitors, and our country will not be able to win any prizes. Consequently, my method will allow us to improve the effectiveness of our athletes in the future and make them competitive.

2.2 Object

The object of my project is skateboarding - a sport in which athletes compete in performing tricks on boards.

2.3 Subject

The subject of the project is the training program itself. To create it, I compared different training programs, analyzed them, systematized the data and finally made a unique version.

2.4 Aim

The aim of my project is to develop a better training program for Russian skateboarders. To do this, I watched the training sessions of the world's leading skateboarders and the training sessions of Russian athletes, compared and analyzed them. I believe that this program will help not only professional athletes, but also ordinary skaters who want to improve their skills.

2.5 Tasks

To achieve this aim, I set the following tasks:

- * Collect information about Russian skateboarders' training sessions.
- * Collect information about the training sessions of the best skateboarders in the world.
- * Analyze the training methods of different athletes.
- * Using comparative analysis, find out any disadvantages of the training program of Russian athletes.
- * Keep records of the results.
- * Analyze the results.
- * Develop an improved training program.
- * Send the program to the sports Committee.

3. Main body

3.1 Literature review

In my research, I used a lot of Internet resources related to the topic of my project, including various sites, video resources, and documents. I also used some issues of Thrasher, Spitfire, and Independent magazines. These magazines are the most popular skate magazines, they tell about all the changes and events in the world of skateboarding, as well as about the life of famous skaters.

In my research work I used analytical, comparative and IT methods. As a result, I managed to identify some details which, to my mind, are essential for understanding the problem. These details include, for example, the rules for this kind of sport. Thus, skateboarding competitions involve performing a variety of tricks, according to the rules established by the international roller sports Federation (FIRS). At the future Olympics, tricks will be performed on skating grounds in the style of "street" and "park". The rules set for the "street" style regulate the execution of those tricks, they oblige participants to perform each element using "pop up (click)". This happens when the back of the Board, called the "tail", hits the ground, creating a distinctive sound. The above-mentioned rules also prohibit putting any foot on the ground while performing a trick. Also, it will be a mistake to jump off the Board, to make an incomplete trick, to fall or touch the floor\ground with your hand. Tricks performed with violations of at least one of these rules will not be counted by the judges, and the team will not score points.

Judges give scores on a 100-point scale, where 20 points is the lowest score. The chief judge of each competition determines the base score for a group of participants. When evaluating attempts, the following rating scale is applied:

- * 95-100 points – an extraordinary attempt;
- * 90-95 points-excellent attempt;
- * 80-90 points – good try;

- 60-80 points – an average attempt;
- 20-60 points – weak attempt;
- * 0 points – no-show at the start.

For more complex tricks participants get more points. Also, points are awarded for the way a trick has been performed. It means that excellent and “clear” tricks will score more points. Therefore, our athletes should focus on what they are good at, bring these tricks to perfection, so that at the most crucial moment they all made the best for scoring.

The «street" discipline

The discipline got its name from the fact that skateboarders, "Streeters", ride on a Board on urban terrain features, such as flower beds, handrails and railings, benches and parapets, ledges and curbs. Or they may practise in a special "street zone" of the skate Park, which simulates these features. "Street" was born in the late 1980s and in the early 1990s completely changed skateboarding. Natas Kaupas and Mark Gonzales, who still rides and even takes part in video projects, are considered the founders of street skateboarding. The world's largest street contests are: X-Games, Street League, Dew Tour, World Cup Skateboarding, Tampa Pro.

Competitions at the summer Olympics in the "street" discipline will be held in a skate park focused on holding competitions in this style. The Park will have a lot of features, such as stairs, railings, as well as a variety of boxes and manual pads (manual pad). Russian streeters, in my opinion, should focus on flip (flip) tricks. They are the most effective and complex connecting elements of the "street" style. It means that a skateboarder will get more points if he in the trick line of jumping, for example, jumps using a flip trick, more than if he does a usual Ollie. However, in addition to flips, there are other elements of street skateboarding that must also be practised to perfection and performed consistently. Among them I distinguished following important elements:

Grabs are captures of the Board with the hand in the air, followed by landing, most often they are used in moving from stairs, a bullet or a ramp (less often when sliding on the railing).

Flips are all possible rotations of the Board in all three planes. This kind of tricks is the most common, spectacular and, in fact, the most difficult. It takes a huge amount of time to learn even the lightest flip, and stability can take several months or years.

Manuals mean balancing on the suspension, hands, the edges or tail of the board, and so on. This element is really variable in its creativity. Invented at the dawn of skateboarding, even before the invention of Ollie (Ollie, jumping with a Board), this element died out in the mid-nineties, but these days it has been reappearing.

Grindings and slides are elements of sliding on suspensions, on the board or on them both, on all kinds of objects: railings, benches, ledges and other urban features. It is the most dangerous type of skateboarding, here you need to combine speed, balance, and distance.

The "park" discipline

“Park” is a style in which tricks are performed in specially built parks - on ramps. In 1976, the first professional indoor skate Park was built in Florida, which made it possible to do skateboarding regardless weather conditions. The difference from the previous style is that the figures do not copy urban terrain features, but are unique sports implements themselves. They include quarters, edges, radius, kickers, and so on. Skaters who will perform in the "park" discipline, will also perform other elements characteristic of this style. For example, rock 'n roll, rock to fakie, boneless, benihana and many others.

3.2 Result

Based on my research and analysis, I believe I have managed to create a unique training program that will help our athletes keep a high bar at world-class

competitions. In my program, I outlined the time frame and frequency of exercising, which, in my opinion, will be optimal so as not to overwork. I have indicated the main tricks that should be fixed, as well as their variations and combinations with other elements.

3.3 Training Program.

1. The duration and frequency of classes.

* Up to 6 hours a day.

* Break between training sessions every 2-3 days.

2. Basic tricks for fixing.

A) street Skateboarders:

- Flips (flip);
- Grind (grind);
- Slide (slide);

* Manual (manual);

- Grab (grab).

B) park Skateboarders:

Similar tricks, as with "street" skateboarders, only adjusted for figures for the "park" style.

In addition to them:

- Five-o;
- 50/50 grind;
- Nose stole;

- Tail stole.

Tricks should be combined into the so-called "tracks". In this way, sportsmen can prepare the selected combination for the performance in advance.

3. Examples of effective combinations for different shapes.

Pipes and railings:

- Kickflip to nose grind pop shove-it out;
- Fakie kickflip to five-o Ollie out.

Boxes and manual pads:

- Hardflip to nose manual nollie bs out;
- Triple kickflip to nose manual fakie triple kickflip out.

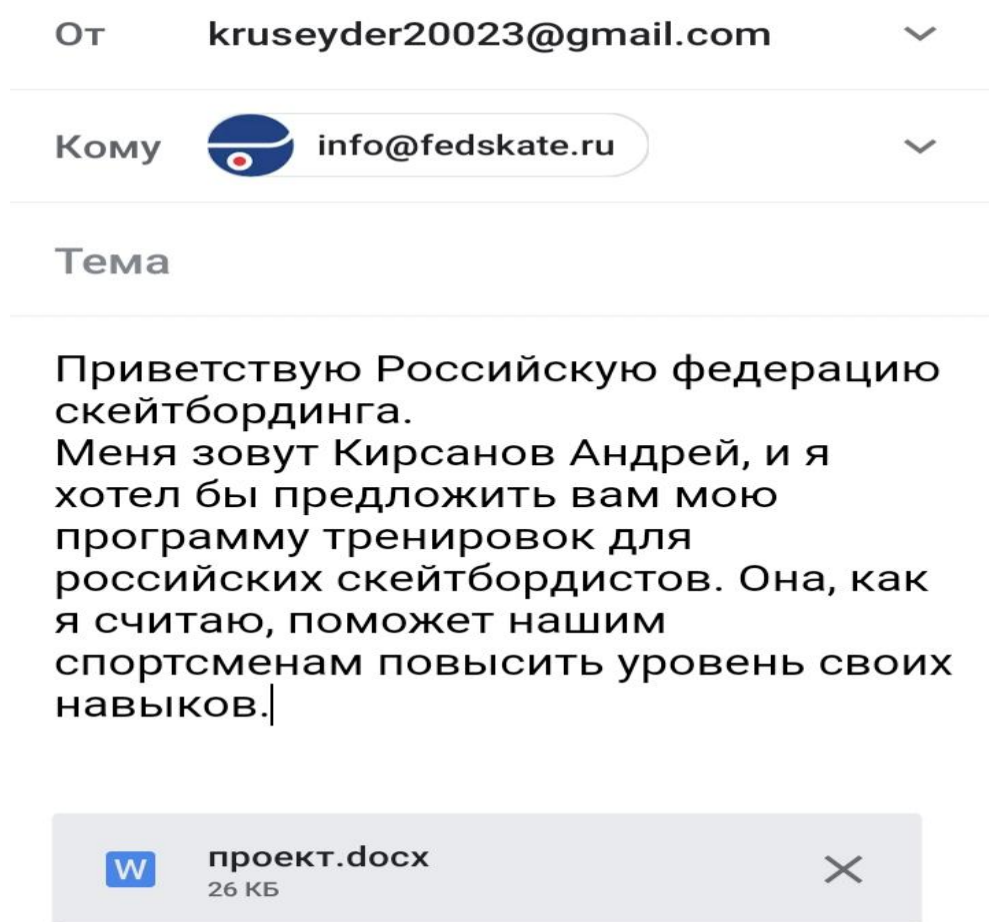
Stairs:

- 360 Pop shove it over 7 stairs;
- 360 bs/fs grab over 7 stairs;
- Varial kickflip over 7 stairs.

As a result, I contacted the Russian Skateboarding Federation via feedback on their official website and submitted a request to include my program in the official training program.

4. Conclusion.

To summarize, I can say that I have achieved my aim and tasks successfully. I gathered enough information about the training of athletes from all over the world, I kept and analyzed records of results and eventually created an improved training program. I have sent a request for its consideration via feedback on the official website of the Russian Skateboarding Committee <http://fedskate.ru/>.



5. Resources

1. Thrasher magazine, issues January 2019 - May 2019
2. <http://www.worldskate.org/>
3. <http://fedskate.ru/documents>
4. <https://rollerbord.life/doski-s-kolesami/nazvanie-tryukov-na-skejte.html>
5. <http://fedskate.ru/>
6. <https://independenttrucks.com/>
7. <https://www.thrashermagazine.com/>
8. <https://www.spitfirewheels.com/>