

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

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Summary

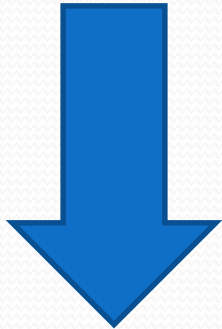
- While doing active sports and skateboarding in particular, I noticed that nowadays Russian skateboarders do not follow the international standards. That is why they urgently need some changes in their training practice.

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.

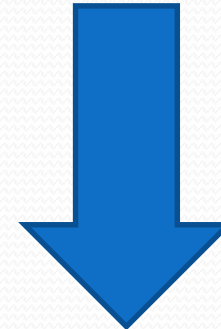


Object



**Skateboard
ing**

Subject



**Training
program**

Aim

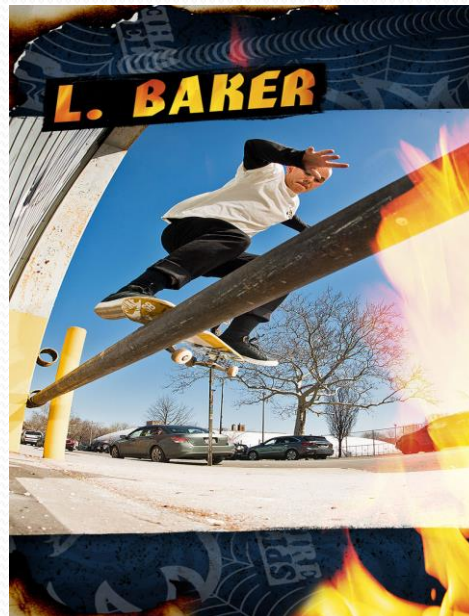
- to develop a better training program for Russian skateboarders.

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.

Literature review

While working, 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.



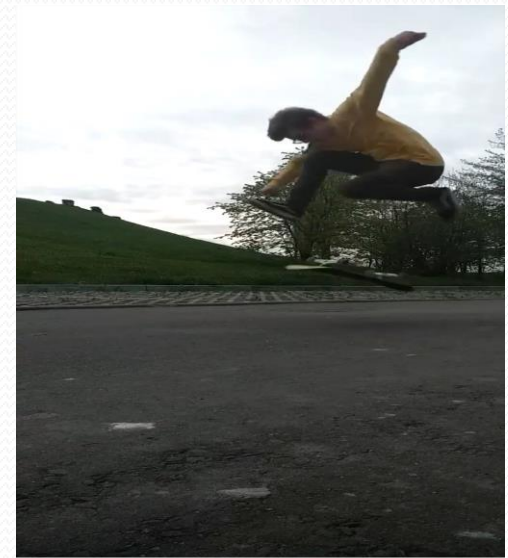
- Studying the training process of Russian athletes, I was able to identify significant shortcomings in the performance of some elements of the disciplines "street" and "park".



- Thus, I offered to include performing bundles and combinations of tricks and elements that meet international standards, which can be performed in indoor skate parks, and for which sportsmen can get higher scores.



- For successful and stable performance of these elements and bundles, I divided the combinations and bundles of tricks into separate, simpler elements, and also suggested increasing the time and frequency of performing the necessary elements.



- In the "street" discipline, we will compete with skateboarders recognized as the best in the world, so the quality and complexity of performing tricks of our athletes is undoubtedly worth improving and developing, reaching a higher level of world standards.



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).

Training program

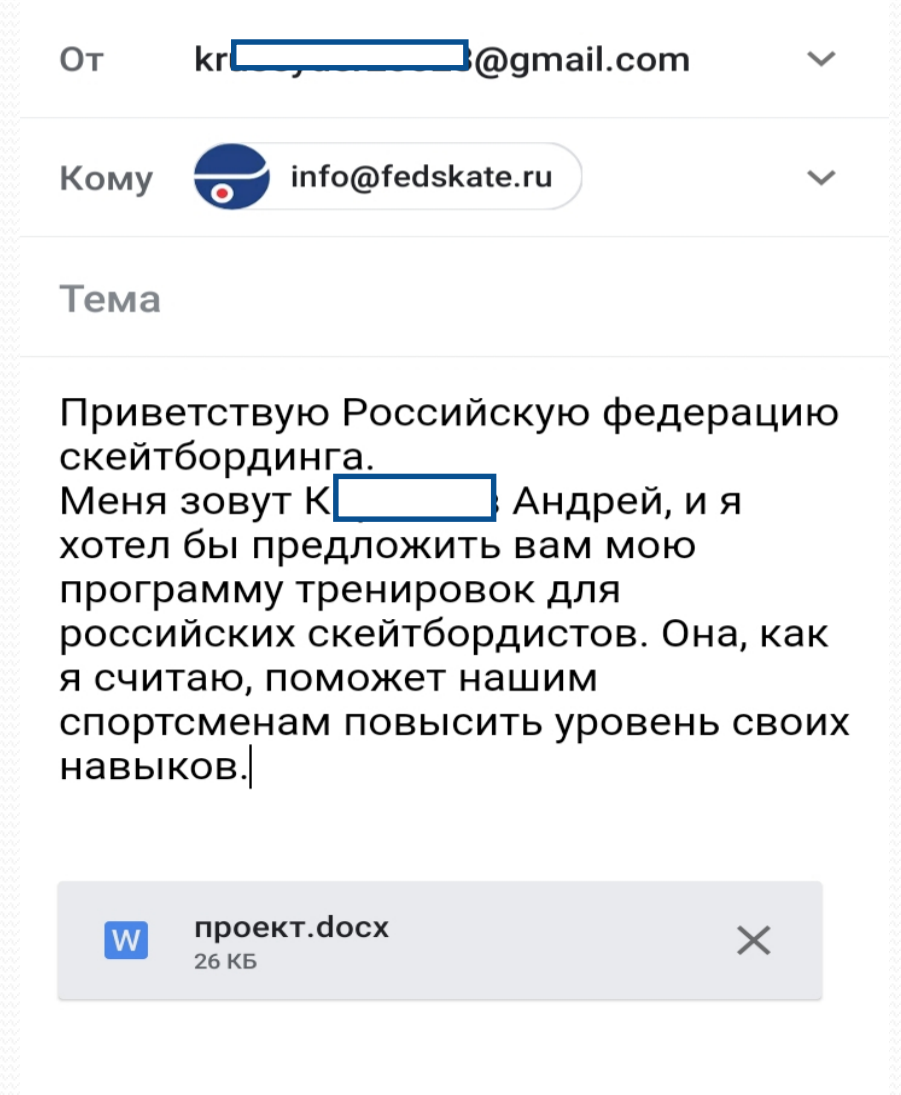
- B) park Skateboarders:
- Similar tricks, as with "street" skateboarders, only adjusted for figures for the "park" style.
- In addition to them:
 - • Five-o;
 - • 50/50 grind;
 - • Nose stole; 9
 - • Tail stole.
- Tricks should be combined into the so-called "tracks". In this way, sportsmen can prepare the selected combination for the performance in advance.

Training program

- 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.

Conclusion

- To summarize, I can say that I have achieved my aim and tasks successfully. I created an improved training program. I have sent a request for its consideration via feedback on the official website of the Russian Skateboarding Committee.



Resources

- Independent magazine, issues January 2019- May 2020
- Thrasher magazine, issues January 2019 - May 2019
- <http://www.worldskate.org/>
- <http://fedskate.ru/documents>
- <https://rollerbord.life/doski-s-kolesami/nazvanie-tryukov-na-skejte.html>
- <http://fedskate.ru/>
- <https://independenttrucks.com/>
- <https://www.thrashermagazine.com/>
- <https://www.spitfirewheels.com/>



Thank you for listening.