



IMPROVING THE TECHNIQUE OF PADDLE IN KAIAC BY EDUCATING THE FLEXIBILITY AND ELASTICITY IN JUNIOR TRAINING

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Abstract

In an efficient technique contributes many factors. First training process, the quality of the methods and means used by the coach. A role is the driveability, skill and coordination athlete. Present in performing motor actions, flexibility is a quality less studied. Although important, it is not mentioned by specialists among the four basic motor skills. Neither in terms of terminology, problem is not cleared, fragmented ownership nominating body documentary sources on the level of amplitude of the movement: mobility, elasticity and suppleness.

Keywords: training, technique, driving qualities, elasticity, suppleness

JEL classification: I 20, I 29

Introduction

The flexibility is important as well as other driving qualities, being one of the significant parameters to achieve performance, which can be defined as the body's ability to perform large amplitude driving actions.

Movement execution engines, that meet resistance namely water, which is not small at all, given the fact that the athlete is in the boat, unstable balance, which the movement prints.

The stiffness of the athlete and the fear of overturning the boat create an obstacle to the skill and improvement of the kayaking technique.

In rowing movements with large amplitude are included, so be sufficiently long shot. The long route rowing advantage adds that, according to laws of biomechanics, the thrust is proportional to the elongation of muscle fibers. So, the ends of muscle fibers as will be further from one another at the onset of the action, elasticity plays an important role the developed force will be greater.

I prefer the term flexibility to define higher or lower degree of amplitude with which a movement - mobility (joint) and elasticity (tendons, ligaments and

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muscles), the term used by some authors to describe this ability of the organism, the subordinates suppleness, highlighting particular aspects of it.

Low sleekness creates numerous drawbacks, namely:

- lengthens properties and driving improvement actions;
- lowers development indices other driving qualities (speed, agility, strength and endurance) and limits their use with maximum efficiency;
- decrease driving efficiency in performing actions, lack of suppleness being supplemented by additional efforts by high energy;
- decrease workmanship, expressive movements no longer be executed, offhand, breezy and easily.

Research objectives refer to:

- **The main factors** which determine the amplitude of the running movements are:
- structure and type of joint;
- ability to stretch (elasticity) of the ligaments, tendons and muscles;
- tone and muscle strength;
- elasticity of intervertebral discs;
- ability to coordinate central nervous system neuromuscular processes;
- temperature muscles and some external conditions;
- emotional state etc.

Maximum amplitude of motion at each joint, allowed by its conformation is limited or enhanced by the elasticity of ligaments and muscles.

The device is designed to protect the ligament joints to some exaggerated claims, limiting movement segments.

The problems

We demonstrated experimentally by sports practice that, through a systematic practice, elasticity ligament apparatus can be improved significantly. Apparently the elasticity of ligaments record on individual differences. The factor that most limited joint mobility is muscle elasticity.

Alongside the main factors is a series of second order such as continuity in attendance, willingness to learn, attention, memorize the movements and the degree of psychomotor representation of movements, involved in the training of paddling technique.

The flexibility can be grouped into active flexibility and suppleness passive.

Active sleekness is mobility and maximum flexibility at a joint, obtained without help as a result of muscle contraction (eg semi-rope, turn etc.). Passive sleekness is the maximum amplitude at a joint, obtained by the intervention of external forces (partner unit, its weight, etc.).



Common mistakes

The main faults found:

- placing the blade in the water and start traction with the elbow bent;
- incomplete extent of the arm, followed by shoulder, to attack in front;
- pushing forward the release to attack with elbow down;
- failing to kick back in attack, especially in the end of the race;
- failure to release wrist extension, especially in the start of the race;
- changing body position in the craft;
- the kick with insufficient rowing blade plunged into the water.

I noticed it in all the movements of an economy of motion, shortening or waiving some apparently minor but particularly important for increasing the value of sport through an efficient technique, which led me to conclude that we **need to educate elasticity**.

Features of technical training in kayak

- Technical features of kick in kayak samples
- Technical training in kayak has an important role in the training of athletes with special emphasis on the initiation stage in sports and in the process to improve and achieve great efficiency in competitions.
- It includes all actions executed movement of technically ideal.
- an important feature of the training of technical training is that it is out of balance in the kayak while they acquire the knowledge that rowing is done correctly only when the balance is perfect in the craft. We can say that the balance in the kayak (kayak course) is like riding a bicycle or walking on the wire.
- Technical training are all measures of methodical, organizational and so on, down in the training process, with the purpose of acquiring specific technique in kayak paddling.
- Technical training must take into account the rational and economic performance of a type of paddling specific movements. In this sense all movements that are often perceived as supporting movements should be excluded.
- owing complex includes a driving action, shooting, pushing, twisting, hanging and shooting upper limb, upper limb thrust directly proportional. This should be adjusted insured physical availability needed to learn a proper technique, which involves a large number of repetitions. Failure of proper exercise capacity determines acquiring a faulty techniques.

Technical features of the kick in kayak

- ✓ technique does not change during the race track;
- ✓ attack should be very strong;
- ✓ the kick must have full swing, amplitude, flexibility;



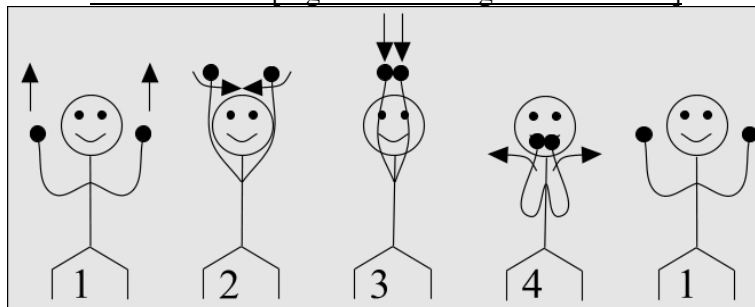
- ✓ the force of the kick in the paddle must be high in start;
- ✓ force must be equal on both left and right blades;
- ✓ strike length must be equal to the left-right;
- ✓ strike length must remain constant throughout the race track;
- ✓ technical training workouts should be performed under the weather and hydrological inappropriate.

Experiment content:

Exercises to educate suppleness proposed to be made in training junior.

Heating is very important to put the body in optimal condition for execution with maximum efficiency exercises to educate suppleness, elasticity. Before performing the exercises with maximum amplitude, must be done "locomotor warming" to enhance circulation, thereby preventing any "stretching" or "breaking" of the muscle fibers, gymnastic exercises, running and jumping.

Arm Exercises [Fig.1. arms lifting: four exercises]

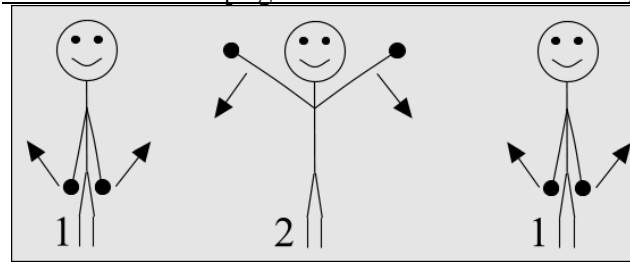


This exercise aims to exercise all the muscles of the body. At first without weights or with very small weights. The movements must be well executed technically-biomechanical precise and keep good posture, especially behind. Execute standing or sitting on a bench.

1. Hold the weights at your sides at shoulder level, push up so the weights are above the one hand, and the other head.
2. Approach and paste elbows so the weights are together glued above and slightly in front of the head.
3. Lower the weights in front of you until they reach the front of the chest, shoulders level.
4. Bring your elbows out to the shoulder, so as to return to its original position.



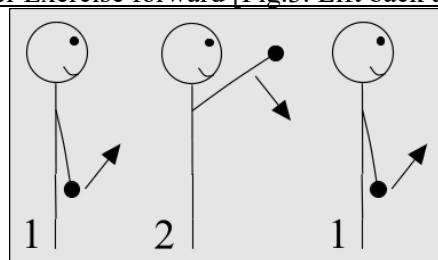
Shoulder Exercise [Fig.2. lateral movement and lifting]



This exercise aims to exercise and shoulder muscles to the trunk.

1. With arms at your sides, lift weights with arms straight until they are flush with the head.
2. Lower the weights slowly back to your sides.

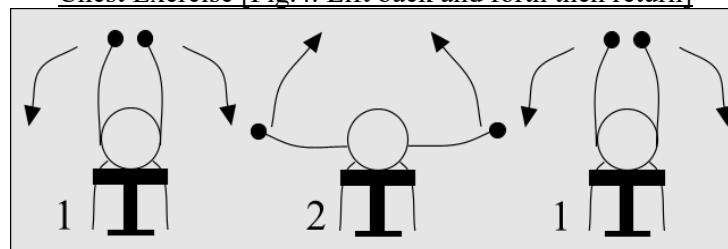
Shoulder Exercise forward [Fig.3. Lift back and forth]



This exercise aims to exercise the muscles of the shoulders in front.

1. With the weights in front of thighs startup, built one of the weights until it is flush with the head.
2. Lower the weight slowly to the starting position. Repeat with the other weight.

Chest Exercise [Fig.4. Lift back and forth then return]

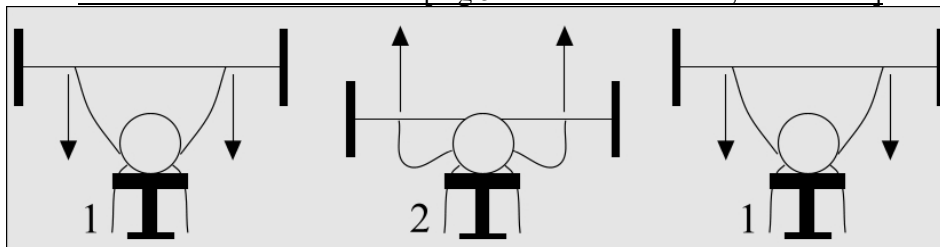


This is an exercise for the chest, chest exercise the muscles needed for a strong lever arm serves.



1. Lying face up on a bench, holding the weights with arms slightly bent directly above your chest. Lower the weights slowly to the sides with arms extended at shoulder level, so far as is comfortable.
2. Raise the weights back to the center using chest muscles and back in its original position.

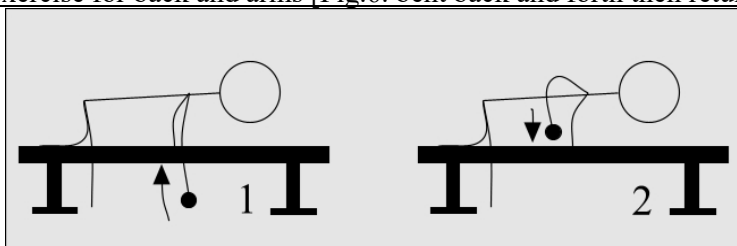
Exercise chest and shoulders [Fig.5. Lift back and forth, then return]



This exercise is mainly for chest, and shoulder, good for a strong posture.

1. Lying face up on a bench, hold the bar straight up in front of your chest with your arms almost locked. Lower the bar slowly until it is almost touching the chest just above the sternum. Not resting and not put the bar on the chest.
2. Lift the bar back to the starting page position in a controlled manner. No arched back, this can cause back pain!

Exercise for back and arms [Fig.6. bent back and forth then return]



This exercise is intended to exercise the muscles of the back and arms. We lift the weight up to the shoulders by rotating hip and then down to the hip.

1. With the left knee and left hand resting on the bench, right foot on the floor and the weight in your right hand with a straight arm, pulling the weight up to chest level.
2. Lower weight to balance, to the starting position in a controlled manner.

Passive suppleness values are larger than the active. The flexibility of developing a maximum efficiency under the conditions in which the exercises are administered every day (even twice a day). Training for developing suppleness be



continued after the desired amplitude level as a break, even a short (one week) leading to loss of contracts won. Causes that make flexibility are unadjusted decrease body age, height growth (children), tensile strength tonic muscles etc.

Methods:

Program suppleness development and elasticity in kayak training for junior

Number of repetitions of each exercise is calculated dependent on obtaining maximum amplitude (up to the point where mild pain sensations appear). Gradually, from one system to another lesson, it will tend to overcome this limit. If in the coming days occurring muscle pain sensations, training for developing suppleness will be stopped.

It will also be the clue that the amplitude determination was not properly established, exceeding the maximum optimal.

Dosing number of repetitions in each series should take into account certain individual features and the degree of mobility of the joint. The first lessons are sufficient for a beginner learner, 8-12 repetitions. Their number should increase gradually from one lesson to another system, being able to achieve much higher figure, 20 to 30 repetitions.

Addicted anatomical conformation-specific joints and muscle groups that span table, it can make the following hierarchy in the number of repetitions: the highest number of repetitions will be determined for the backbone, followed, in order, the joints of the hip, knee, shoulder etc.

Depending on the level of physical preparation will determine the pace of execution, knowing that a better prepared person can get a maximum range of motion, even if the exercise is performed at high speed, while rookie must address a slower pace to obtain the desired amplitude. Once obtained the degree of flexibility desired, it can decrease the number of repetitions, not the amplitude of movements.

Tab.1. Program exercises dosing - method (series 4-6; 15 reps, rest 60 sec.)

Exercises	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1. Arm exercises	15-20-5kg	15-20-5kg	15-20-5kg	20-30-5kg	20-30-5kg	20-30-5kg
2. Shoulder exercises	15-20-10kg	15-20-10kg	15-20-10kg	20-30-10kg	20-30-10kg	20-30-10kg
3. Forward shoulders exercises	15-20-10kg	15-20-10kg	15-20-10kg	20-30-10kg	20-30-10kg	20-30-10kg



Exercises	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
4. Chest exercises	15-20- 5kg	15-20- 5kg	15-20-5kg	20-30- 5kg	20-30- 5kg	20-30-5kg
5. Chest and shoulders exercises	15-20- 15kg	15-20- 15kg	15-20-15kg	20-30- 15kg	20-30- 15kg	20-30- 15kg
6. Back and arms exercises	15-20- 10kg	15-20- 10kg	15-20-10kg	20-30- 10kg	20-30- 10kg	20-30- 10kg

Another important group is the development suppleness exercises. Ease of movement is the result of systematic training aimed at developing the ability to coordinate body movements in space and time through the contractions fine and precise, but also by relaxing muscle groups.

To this end, athletes have used to achieve:

- transition from the state of tension in the state of complete relaxation, gradually or suddenly.
- coordination inspiration and breath, exhale accompanied by relaxation exercises;
- perform movements using the force of inertia;
- released disposal (without the "strain") and complete stretching movements.

Conclusions and results obtained

Quality motor is not currently seen in the general physical development and is considered particularly useful in the proper assimilation of technical elements in kayak paddling is always recommended to junior, to be continuously improved, level without requiring major functions of the body, on the contrary, bringing extra force, good shape and relaxation.

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