

The Technique of 300 Meter Short Track Inline Speed Skating

June, 2009

Student: Chang, Yung Tai

Advisor: Cheng, Hu

Abstract

Our athletic achievement of inline speed skating is at the top in Asia. However, our players usually can not get good result when competing with players from America or Europe. Besides the effect of equipments, the technique and mentality play important roles. 300 meter short track inline skating is an individual time trial race which players from Taiwan gained great achievement in Asia. But Taiwanese players often can not compete with players from America or Europe, due to the disadvantage of the body size and talents. For these reasons, it is very important for Taiwanese players to be provided with fine technical training, mental training and detailed training program. Speed inline skating is a highly technical athletics; the technique in short track race is much more complicated. Every parts of the race, such as the start of the race, turning and acceleration, are the key points leading to the result, and the gap between win or lose often within several hundredth of a second. The players must perform perfectly in whole game to have the chance to win. In order to be the reference data for inline speed skating players, we analysis the specialized technique of 300 meter short track inline speed skating and discuss the specialized mental training and training program of inline speed skating in this article. In this article, we summarize the technical theory of 300M short track inline speed skating via the analysis and investigation of the literature with the combination of practical experience. In order to promote the performance of inline speed skating players, the characteristic of inline speed skating are described in detail in this article. The research area of this report includes the following:

1. The advantages and disadvantages of the inline speed skating techniques with current equipments and trainings.
2. The applications of psychological training in the inline speed skating techniques.
3. The applications of monographic technical analysis and fitness training in 300M short track inline speed skating.
4. The training plan of 300M short track inline speed skating.

Key words: inline speed skating, 300 meter short track, technique