Pre-assignments for the Deep Technique course
(4 hours self-study)

- Check all the rules (valid 2026-2028) from IFAGG webpage:
  - Rules

1. EXE:
Watch the video and write down the healthy deductions. Make your marking. Justify your deduction. Analyze the health aspects in AGG and the impact they have on sport.
LP Children 10-12

2. TV:
Watch the following videos. Make your marking. Pay attention to jumps/leaps and balances. Do you accept them as a technical element or not? Justify your decision.
A LP Children 12-14
B LP Children 12-14

3. AV LP Children 12-14:
Watch the following videos. Make your marking. Pay attention to the AGG technique. Arrange the videos in order according to the AGG technique. Justify your order.
A LP Children 12-14
B LP Children 12-14

4. AV LP Juniors and Women:
Watch the following videos. Make your marking. Pay attention to the variety of body movements. Arrange the videos in order according to the variety of body movements. Justify your order.
A LP Juniors
B LP Women
C LP Juniors

Please send your answers by email to meri.jaakkola@live.fi by September 26 at the latest.

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