

Abstrakt (anglicky)

The presented bachelor thesis is focused on one of the factors of sports performance, mainly on the training of the correct technique of hurdles in the period of older school age. Nowadays, correct execution technique is very often ignored in training and, on the contrary, great importance is given to training volume and intensity.

The aim of this thesis is to provide a manual for beginning and more advanced coaches that contains a stack of several preparatory exercises to improve hurdling technique.

In the theoretical part, the reader is introduced to information related to athletic disciplines, and hurdles are discussed more in detail. Due to the orientation of the thesis, there are described the age peculiarities of mainly older school-age children.

Furthermore, the theoretical part of the thesis is focused on the elements necessary to improve performance in hurdles. In the practical part, individual exercises to improve the technique of obstacle runs are described in detail and there are given the photographs of correct execution for each exercise. In addition, the reader learns the most common errors in the execution of the presented exercises and how eliminate these mistakes. The exercises are divided according to purpose into swing leg work and bounce leg work. Then the continuity of the swing and rebound legs. The thesis then concludes with the application in practice.