

ABSTRACT

Title: Comparasion of technique in 100 m hurdles in selected athletes

Aims: The aim of this bachelor thesis is to describe and evaluate the technique of the 4th hurdle clearance in the model run of 100 m hurdles within the training of technique in selected athletes of a certain level of performance and then make a comparison with the of the 5th hurdle clearance. Another goal is a subsequent comparison of the technique of the 4th hurdle clearance in both athletes.

Methodology: To achieve the results of the bachelor's thesis, a model training of technique was organized within the athletic discipline of 100 m hurdles for two selected athletes within the training unit. From the front and side view were recorded videos of the 4th and 5th hurdles, kinograms were created by using Kinovea and subsequently edited in Zoner Photo Studio X. Kinograms were used to achieve the goals and answer the research questions of this work. Images were analysed in three phases of the hurdle clearance. A record sheet of frequently occurring mistakes from Slavíček (2020), literature and my experience with this discipline were used to describe the technique and to detect mistakes in hurdle clearance.

Results: Thanks to the chosen methodology, I achieved the aims of this work and determined the mistakes that occurred in both athletes. In total, they were identical in six mistakes and others mistakes occurred separately in selected athletes. They are described in detail in the discussion and summarized in the conclusion. Within the differences in parameters (distance at the moment of take-off phase to the hurdle - distance from the thing muscle to the hurdle rung - distance at the moment of landing phase behind the hurdle) the first proband differed by 6.91 - 8.00 - 3.12 cm. Second proband differed in the same parameters by 11.3 - 0.63 - 18.02 cm. They then differed from each other at the 4th hurdle by 8.54 - 4.54 - 22.00 cm. It is necessary to mention individual parameters - anthropometric, physical fitness, technical and mental. At the same time, the technique is affected by training conditions and the shortening of gaps between hurdles.

Key words: track and field, 100 m hurdles, training of technique, selected athletes