

Abstract

Title: Freestyle kiteboarding methodology

Aims: The aim of the bachelor's thesis is to compile a methodological approach throughout the training of kiteboarding tricks.

Methods: The thesis was written on the basis of the analysis of the documents, it is a expert work. The method of content analysis was used for the data processing from the Internet and books which were used as the main sources of the information and subsequent description of individual tricks. More information were gained by the informal way – interviewing the professional riders.

Conclusion: A review of teaching kiteboarding tricks in the basic developement is worked out in the conclusion.

Key Words: kite, board, wind, hooked tricks, air style, freeride