

ABSTRACT

Title: *The most common mistakes in crawl swimming in second and third school year from Benešov district and their remedy.*

Objective: The aim of this work will be to determine the most common mistakes that children in second and third grades make in the technical execution of the crawl swimming stroke.

Methods: The research conducted for this work was supervised by the supervisor of the work, and an evaluation scale was used during the process. The obtained results were taken down in tables and graphs for clarity.

Results: Based on the evaluation of the used scale, the most frequently recurring errors in the given movement category were revealed. In the correct body position, students made mistakes by positioning their bodies incorrectly so that the water level crossed their forehead while swimming. In the activity of the upper limbs, the incorrect submersion of the arm dominated, which did not occur at the shoulder level. In the lower limbs, irregular movement and coordination prevailed. Regardless of gender, two most common mistakes were observed in breathing – students did not breathe to the side and were unable to time inhalation correctly.

KEY WORDS:

swimming, crawl, mistakes in swimming, rating scale, swimming school, remedial exercises, younger school age